



12 December 2019

Health warning for heatwave conditions

The WA Department of Health has activated the State Hazard Plan Heatwave based on forecast temperatures for the Perth metropolitan area. **Heatwave conditions are expected to continue until Sunday.**

It is important for everyone in Perth during this time to take necessary measures to avoid heat stress. This is especially important as the effect of hot weather is not always immediate and can build up over a number of days.

While hot stretches are nothing new, WA Health Chief Health Officer Dr Andrew Robertson has warned that some people were particularly vulnerable.

Dr Robertson said people who worked outside or who were not used to the heat are often at a higher risk. People attending outdoor entertainment or sporting events could also be at risk of developing heat stroke.

Heat stress symptoms may range from mild to severe and can include rashes, cramps, headache, nausea and excessive or inadequate sweating. It can also exacerbate existing health conditions.

“Checking on families and friends who may be vulnerable to heat, particularly the elderly and the sick, to ensure they are taking precautions and coping adequately, is also very important,” Dr Robertson said.

The Department of Health is advising Western Australians who experience severe symptoms such as a high body temperature; nausea; dry, red, hot skin; and a rapid heart rate to seek urgent medical advice.

People should take the following precautions to help prevent heat-related illness:

- never leave anyone in a closed car
 - drink plenty of water and fluids (note: If your doctor normally limits your fluids or you are on fluid tablets, you may need to check how much to drink while the weather is hot)
- limit or avoid alcohol
- stay indoors, in air-conditioning if possible

- take a cool shower or bath
- wear lightweight, loose-fitting clothing
- apply sunscreen at regular intervals while outdoors
- reduce physical activity
- avoid outdoor activity during the hottest part of the day
- if possible, stay in shaded areas when outdoors
- don't rely on fans unless there is adequate ventilation.

Make sure you know the signs of heat stress (muscle cramps, pallor, dizziness, headache, nausea increased heart rate, fainting, excessive sweating or no sweating with high temperature and hot, dry skin) and seek medical attention if necessary.

For more information please read the WA Health [full media statement](#).

ENDS

About the City of Nedlands

The City of Nedlands is situated 7km from the Perth CBD and stretches from the banks of the Swan River to the white sands of the Indian Ocean. Covering the suburbs of Nedlands, Dalkeith, Mt Claremont, Swanbourne, Karrakatta and parts of Floreat and Shenton Park, the City of Nedlands is home to a population of approximately 21,000 residents.

For further information please contact communications@nedlands.wa.gov.au or 9273 3500