

MEDIA RELEASE

Friday 15th January 2010

Remember your Health During the Heat / Heat and Medication Warning

Adelaide residents need to keep their health top of mind during the excessive heat situation with heat exhaustion and respiratory illnesses a threat, particularly for the elderly says Adelaide Northern Division of General Practice CEO Ms Barbara Magin.

As parts of Adelaide experience intense heat with more on the way in the coming weeks, residents are advised to take precautions like staying indoors and drinking plenty of water.

"We are expecting the heat to remain for the next few days, so everyone should drink plenty of water to stay hydrated and try to avoid going out in the hottest part of the day," said Ms Magin.

As well as staying inside and drinking enough water people should also wear loose clothing, not exercise during the heat and wear sunscreen and seek medical help if affected by the heat.

Parents can keep young children cool using cold face washers, supplying regular drinks and luke warm baths.

"People who feel unwell during periods of prolonged hot weather should consult their General Practitioner who can treat their symptoms and advise on how to cope with the heat," said Ms Magin.

Medication can also be at risk during periods of sustained heat. Patients should check the labelling or speak with their pharmacist about their medicines. Heat sensitive medications should be kept in a cool area or refrigerated if appropriate.

People should speak to their GP or pharmacist about any adverse effects caused by some medications in extreme heat.

The following services can provide more information on medication and extreme heat; Central Northern Primary Health Care Services (8252 9900), Healthdirect Australia (1800 022 222). More information on coping with extreme heat can be found in the Government of South Australia Heatwave Information Guide, available from the Government of South Australia or via the Divisions website www.andgp.org.au.

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For more information and media enquiries:

**ANDGP CEO,
Barbara Magin
0412 728 307.**

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Adelaide Northern Division of General Practice

1st Floor, 13 Elizabeth Way | PO Box 421 Elizabeth SA 5112

T 08 8252 9444 | F 08 8252 9433 | www.andgp.org.au | ABN 12 061 979 048

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