

FACT SHEET

Evaporative Air-conditioning

Many homes in Roxby Downs have evaporative cooling. These work by running water over pads. As the air passes through the wet pads and into your home, it is cooled by evaporation. To operate effectively, it needs to be warm and dry outside so waiting until later in the day is preferable. Turn on the water supply to the air conditioner using the Cool switch and leave this for 10 minutes to allow the pad to saturate. Then turn on the fan and leave windows and doors ajar. This allows the air to circulate effectively and for evaporation to occur.

Heat-related illness

Exposure to the heat and sun can affect the way your body controls your core temperature. If you experience light-headedness, muscle cramps and/or a rash, ensure you find a cool place to rest and sip water. If the symptoms include vomiting, a rapid heart rate, dry skin and/or confusion, seek medical advice by calling the

Roxby Downs Health Services: 8671 9020
Emergency Ambulance 000

Prevention

Maintain your water intake to avoid dehydration. Avoid alcohol and caffeine drinks. When you do need to be outside, remember to SLIP on a shirt, SLOP on sunscreen, SLAP on a hat, SLIDE on sunglasses and SEEK out shade. Eat regular, light meals to maintain your energy levels. Take special care with children and pets. Provide plenty of water and seek medical advice if you have any concerns. Never leave children or pets in the car.

Community Health Nurse: 8671 9020
Child and Family Health: 8671 9020
Roxby Vet 8671 0730
Emergency: 000

Swimming Safety

Swimming pools, spas, and wading pools are a great way to stay cool. Ensure that children are fully supervised at all times in and around water. Always empty wading pools whenever they are not in use.

Swimming pools should be securely fenced and any items that could be used to climb the fence safely stored. Children are attracted to water, especially when it is hot, so vigilance is necessary. Teach your children basic swimming skills and practice emergency responses. Learn how to resuscitate by attending a first aid course and display the information near the pool for others. TAFE SA offers courses regularly, phone 8671 9070.

EMERGENCY CONTACT: 000

Emergencies

Ensure that all members of your household know the address and procedure for emergency assistance.

AMBULANCE: 000
Roxby Downs Hospital: 8671 9020



A BIG WARM WELCOME
 to roxby downs

Insect bites

Mosquitoes and other insects can be annoying and give a nasty sting or bite. These can be avoided by wearing light clothes to cover the body or nets. Take care with items such as sprays, lotions and candles.

Remove areas of still water such as under plant pots and buckets to reduce the breeding locations. Open drink cans can also attract insects such as wasps so take care with drinks outdoors.

If the bites are causing discomfort, apply an ice pack, calamine lotion and administer an antihistamine if required. If there are any concerns or signs of an allergic reaction, seek medical advice by calling:

Roxby Downs Health Services: 8671 9020

Snakes

Keep your property clear of debris that may house or encourage snakes. Supervise children and wear strong shoes when walking in the bush. Be aware that snakes reside in our region and are active in warm weather.

If you locate a snake in your property or workplace, never attempt to catch or kill the snake,

Contact the **BHP Billiton Main Gate: 8671 8262**

Outdoor dining

Care should be taken with cooking outdoors. Kettle and plate BBQ's can cause severe burns. Locate BBQ's away from children and do not leave them unattended.

Food and drinks should be kept in fridges and eskys to ensure they remain cold. Items left out of the fridge for longer than four hours should be discarded. Some foods may be unfit for human consumption when left in the heat for only short periods of time.

The Big Warm Welcome is a joint community project.



Government of South Australia

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For more information, contact the BIG WARM WELCOME on 0422 000 210

Or visit www.BigWarmWelcome.info