

SES Heatwave Advice – Tips To Stay Hydrated

Did you know that since 1900, heatwaves have caused more deaths than all other natural hazards combined? To stay safe and healthy during a heatwave, it's not only vital to keep cool, its also important to stay hydrated, so remember to drink plenty of water. Carrying water with you is a good way to remember. Have less coffee and tea, soft drinks and energy drinks, and think about cutting back on any alcoholic drinks as these may actually dehydrate you during a heatwave. And don't forget about pets, bring them inside during the day and make sure they have plenty of water too. For more heatwave information and advice, visit the SES website at ses.sa.gov.au.