



PUBLIC SAFETY
OFFICE OF THE EXECUTIVE DIRECTOR PUBLIC SAFETY

Media Statement

Date: 10 October 2024

Issued by: West Rand District Municipality Fire and Rescue Services

Heatwave Conditions Expected – Stay Safe and Cool

The West Rand District Municipality would like to inform residents that heatwave conditions are expected in the coming days. Temperatures are forecasted to rise significantly, potentially posing health risks, especially to vulnerable individuals such as the elderly, young children, and those with pre-existing medical conditions.

We urge all residents to take necessary precautions to stay safe during the extreme heat.

Tips to Stay Safe During the Heatwave:

1. Stay Hydrated:

- Drink plenty of water throughout the day, even if you don't feel thirsty.
- Avoid drinks with caffeine or alcohol, as they can dehydrate you.

2. Stay Indoors During Peak Heat:

- Avoid outdoor activities during the hottest part of the day, typically between 11 a.m. and 3 p.m.
- If you must be outdoors, seek shade whenever possible and wear lightweight, light-coloured clothing.

3. Keep Your Home Cool:

- Close curtains or blinds to block out the sun.
- Use fans or air conditioners if available.
- Take cool showers or baths to lower body temperature.

4. **Protect Vulnerable Individuals:**

- Check on elderly family members, neighbours, and those with health issues.
- Ensure that children and pets are never left in vehicles, even for a short period.

5. **Recognize Signs of Heat-Related Illness:**

- Symptoms of heat exhaustion include dizziness, excessive sweating, headache, nausea, and muscle cramps.
- Heatstroke, a life-threatening condition, can result in confusion, rapid heartbeat, and unconsciousness. If you or someone experiences these symptoms, seek medical help immediately.

6. **Stay Informed:**

- Keep an eye on local weather reports and heat alerts.
- Follow official channels for updates on the heatwave and any emergency measures.

We encourage all residents to take these precautions seriously. By working together, we can minimize the risk and stay safe during the heatwave.

For more information or in case of emergencies, please contact the West Rand District Municipality's Emergency Services.

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