



STEVE TSHWETE LOCAL MUNICIPALITY

Your ref. 12/01/2016

Our ref. 5/03

12 January 2016

Telephone (013)
2497053
Fax (013) 2432550

P O Box 14
MIDDELBURG,
MPUMALANGA
1050

Media release

Beat the heat wave this summer

With the heat wave reaching exceptionally high temperatures this summer; the Fire and Rescue Services would like to urge residents of STLM to take precautions during the extreme heat. Temperatures in our country are rising, with the towns of Middelburg, Mhluzi, Hendrina and surroundings farms rising to a maximum of 33 degrees. In order to reduce the risk of heat exhaustion or heat stroke the following advice can assist during these hot conditions;

- Keep hydrated by drinking plenty of water and non-alcoholic fluids,
- Avoids liquids that contain alcohol, caffeine and high sugar content as these cause the body to lose more body fluid,
- Avoid strenuous activity in the sun especially during high temperature hours (mid-morning to early afternoon).
- Wear light- weight and light-coloured clothing and hats that provide shade from the sun.
- Use umbrellas and sunscreen.
- Keep children, the aged and sick persons indoors.
- Do not leave children and pets in a parked vehicle even with a window open.
- Stop any sports activities.
- Ensure there is enough drinking water in the vehicle when travelling.
- Prevent open flames that are unattended.

Enquiries: Prudence Magutle:
Tel number: 013 249 7053
E-mail: pmagutle@stlm.gov.za

Yours sincerely

ACTING MUNICIPAL MANAGER