

Press Release

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Central Coast
Division of
General Practice



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Remember your health during the heat

Central Coast 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 Central Coast Division of General Practice Chair Dr Phil Godden.

As parts of the NSW Central Coast, along with other regions of Australia, experience intense heat 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 Dr Godden.

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 lukewarm 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 Dr Godden.

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

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