

# Media Release

**The Hon Mary-Anne Thomas MP**

Leader of the House

Minister for Health

Minister for Health Infrastructure

Minister for Ambulance Services



Sunday, 15 December 2024

## VICTORIANS URGED TO TAKE CARE AS TEMPERATURES SOAR

The Allan Labor Government is reminding Victorians to take care of themselves and others as one of the hottest days this year approaches and heat blankets most of the state.

Minister for Health Mary-Anne Thomas today warned Victorians to be prepared for the scorching days ahead, with temperatures expected to hit 40-degrees or higher in many parts of the state on Monday.

Melbourne is forecast to hit 40 degrees tomorrow – its hottest day since 2019 – Bendigo 42 degrees, Mildura and Swan Hill 46 degrees, Shepparton 45 degrees, Traralgon 41 degrees, and Yarrowonga 44 degrees.

Extreme heat kills more people than natural disasters, but there are simple steps people can take to beat the heat:

- Drink plenty of water, stay cool by seeking out air-conditioned buildings
- Plan ahead and schedule activities to the coolest part of the day
- If heading outdoors, seek shade when possible, wear a hat and sunscreen and avoid exercising in the heat
- Check in on others most at risk in the heat.

People who are vulnerable to extreme heat include the elderly, babies and infants, pregnant women, people with acute or chronic health problems and people who are socially isolated. These conditions can lead to heat exhaustion and heatstroke, trigger heart attacks or stroke, or worsen existing conditions such as kidney or lung disease.

Children and pets are particularly vulnerable to heat if left in enclosed areas like parked cars, where temperatures can more than double within minutes, and which are often 20 to 30 degrees hotter than outside – a deadly combination for children, whose body temperatures rise much faster than adults.

Ambulance Victoria data shows paramedics made 117 callouts to people in locked cars in November with the total reports in the past year surpassing 1,210 – almost 90 per cent of cases involving children under 13, with 12-3pm the busiest time for call outs.

Leaving the windows of a parked car down has little effect on reducing the temperature, with tests showing that when windows are left open 10 centimetres, the temperature will only reduce by five degrees.

If you or someone you know is showing signs of heat exhaustion, heatstroke, or other health emergency, call Triple Zero (000) immediately.

For non-life-threatening emergencies people can contact the Victorian Virtual Emergency Department, visit a Urgent Care Clinic, call NURSE-ON-CALL or visit a GP doctor or local pharmacist for advice.

For more tips on surviving heat, visit [betterhealth.vic.gov.au/campaigns/survive-heat](https://betterhealth.vic.gov.au/campaigns/survive-heat)

### Quotes attributable to Minister for Health Mary-Anne Thomas

*“With temperatures expected to soar across the state on Sunday and through to scorching highs on Monday, we’re urging Victorians to be prepared – stay hydrated, stay indoors as much as possible and check in on loved ones.”*

*“With summer upon us, it is an important reminder that chronic health conditions can be exacerbated in the heat and leaving kids or animals in hot parked cars can have deadly consequences.”*

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