



11 January 2010

## Declaration of Total Fire Ban – Monday 11 January 2010

The CFA has declared a day of Total Fire Ban for the entire State of Victoria on Monday 11 January 2010.

For further information, visit the CFA website at [www.cfa.vic.gov.au](http://www.cfa.vic.gov.au)

Monday's forecasted temperature is 43°C.

This is Melbourne's third consecutive day of temperatures over 30°C and DHS recommends everyone should follow the advice below to stay safe during a heatwave:

- Keep hydrated by drinking plenty of water and fluids (non-alcoholic) (Note: If your doctor normally limits your fluids check how much to drink during hot weather)
- Spend as much time as possible in cool air-conditioned buildings, if not at your home, at shopping centres, cinemas, libraries or community centres
- Keep cool by using damp towels and taking cool showers in the day and night
- Never leave anyone in a closed parked car
- Wear lightweight, loose-fitting clothing
- Avoid strenuous activity like sport, home improvements or gardening
- If you must go out, stay in the shade, wear a hat and light-coloured, loose-fitting clothes and take plenty of water with you
- Don't rely on fans unless there is adequate ventilation
- Know the signs and symptoms of excessive heat exposure and know how to respond.

More detailed information about heat stress can be found [here](#).

For health information regarding heat-related illness contact Nurse on Call **1300 60 60 24**.

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### For further information please contact:

MFB Media and Communications

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**Metropolitan Fire and Emergency Services Board**

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**ONLY WORKING SMOKE ALARMS SAVE LIVES**