



water & sanitation

Department:
Water and Sanitation
REPUBLIC OF SOUTH AFRICA

MEDIA STATEMENT

Gautengers warned against exposure to hot temperatures

11 November 2018

The South African Weather Services has predicted a scorching heatwave in Gauteng this week, barely weeks after South Africans reeled under hot temperatures. Exceedingly hot temperatures expose citizens to dangerous conditions that may lead to human skin damage and dehydration.

The temperatures are likely to have a negative effect on the province's dam levels.

The Department of Water and Sanitation therefore appeals to citizens to avoid unnecessary exposure to the sun until such time that the heatwave has subsided. Outdoor activities during the day may be harmful to participants. Citizens are advised to stay indoors as much as they can and drink lots of water to calm their bodies for the duration of the heatwave. For a quick dehydration drink, mix 6 level teaspoons of sugar and half a teaspoon of salt into 5 cups (1 litre) of water. Coconut water is also great for dehydrating.

Excessive consumption of fizzy drinks may prove unhealthy for most people, especially those who are suffering chronic diseases. Tap water is the best solution under the circumstances.

A heatwave occurs when a system of high atmospheric pressure moves into an area. In such a high-pressure system, air from upper levels of our atmosphere is pulled toward the ground, where it becomes compressed and increases in temperature.

Cape Town has been in the grip of a heatwave since last week but has since cooled after some thundershowers.

The extreme heat is also affecting parts of Limpopo, North West, Free State, Mpumalanga and Northern Cape. Maximum temperatures soared to the upper 30s and lower 40s in these regions.

The heatwave started on Sunday, is expected to rise to the mid-30s by Friday when Pretoria will reach 36 degrees celcius.

However, metereologists are predicting cooler temperatures by the weekend, with some areas receiving scattered thundershowers.

The heat notwithstanding, the department is appealing to citizens to continue saving water and using it wisely and sparingly.

End

Issued by the Department of Water & Sanitation



water & sanitation

Department:
Water and Sanitation
REPUBLIC OF SOUTH AFRICA

For more information contact: Sputnik Ratau on 082 874 2942

For media releases, speeches and news visit the Water & Sanitation portal at:

www.dwa.gov.za