

# MEDIA RELEASE

## For immediate release

From: Kasey McCulloch, Media Officer, Mercy Health

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## Keep hydrated and watch out for your neighbours

Albury and Wodonga residents are being encouraged to stay hydrated and look out for their neighbours, particularly if they are elderly, as we pass the halfway mark of summer.

Mercy Health Albury has seen firsthand the toll heat can take on some of society's most vulnerable people, resulting in heat stroke, dehydration and in, extreme cases, hospitalisation.

Mercy Health Albury Operations Manager Christine Arnold said the hot temperatures being experienced in the region meant people should be sensible about their activities and keep an eye on each other.

"People at higher risk of heat illness include the elderly and those who live alone and are socially isolated," Ms Arnold said.

"We're encouraging everyone to call in and have a chat and a cool drink with an elderly relative or neighbour who lives alone."

Mercy Health Albury is a 50-bed sub-acute hospital offering a range of public services including aged care assessment, day therapy programs, allied health, healthy ageing, geriatric evaluation management and palliative care.

To find out more about Mercy Health Albury services, visit [mercyhealth.com.au](http://mercyhealth.com.au) or call (02) 6042 1400.

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