



## Media Release

### Staying safe and healthy at the Tamworth Country Music Festival

Monday, 15 January 2024

Festival-goers are being reminded to take a few simple steps to keep themselves and others safe throughout the Tamworth Country Music Festival, which kicks off this Friday.

Public Health Physician Dr David Durrheim said it is important for the community to keep practising COVID-safe behaviours, as COVID-19 remains at high levels across NSW.

“We want everyone planning to attend the Festival to have as happy and safe a time as possible. We know transmission of COVID-19 is high at the moment so if you are experiencing cold or flu symptoms, please don’t go out. If you do need to go out, please wear a mask,” Dr Durrheim said.

Dr Durrheim also reminded attendees of the importance of staying sun-safe, well-hydrated and protected against mosquitoes.

“Ensure sunscreen, light long-sleeved clothing, hats and water bottles are all included in your festival checklist,” Dr Durrheim said.

“Hot weather can cause heat stress and heat stroke and can make underlying health conditions worse. Reduce the impact of heat by avoiding being outside during the hottest part of the day, keeping well-hydrated with water, avoiding excessive alcohol, and look after vulnerable friends and relatives.”

“You can also reduce your chances of getting bitten by mosquitoes by wearing light, loose-fitting long-sleeved shirts, long pants and covered footwear and socks, especially around dusk and dawn.

“People are also advised to regularly apply mosquito repellent to all areas of exposed skin, especially formulas that contain DEET, picaridin, or oil of lemon eucalyptus.”

Campers are also being reminded of the importance of storing food safely, otherwise gastro can be an unwelcome festival souvenir.

“Keep food cold, separate raw meat from other foods, and wash or sanitise your hands before preparing and eating food,” Dr Durrheim said.

If festival-goers have a minor illness or injury that does not need emergency treatment, St John Ambulance will have First Aid posts on Peel Street and Kable Avenue.

Those in need of urgent medical attention should present to the emergency department or call Triple Zero (000).

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