



MEDIA RELEASE

St John cares for Ekka visitors

Once again the Ekka is rolling into town, and St John Ambulance will be there providing 24- hour first aid coverage to all patrons who visit the show.

Last year, St John first aid volunteers treated over 1200 casualties, with complaints ranging from blisters, cold and flu, scrapes, bruises, minor eye irritations, splinters, nausea, headaches and migraines.

St John recommends that all visitors to the show follow a few simple tips to ensure that they have a safe and enjoyable time at the Royal Queensland Show.

St John recommends:

- Wear comfy shoes (and thick socks where necessary). By wearing comfy shoes, visitors will avoid sore and tired feet, and blisters.
- Drink plenty of fluids. This will help all patrons to avoid headaches or even migraines that can be caused by dehydration
- Eat in moderation before going on rides. Over eating to close to rugged activity may cause nausea for some.
- Dress appropriately. The days at the Ekka can be quite warm, especially in the sun, however at night the temperature drops quite significantly, and warm clothes will be need.
- All patrons should take their medication with them. Anyone who suffers from diabetes, asthma or hay fever, should ensure that they have their required medication.
- Bring prams and strollers for young children. Remember young feet will tire particularly quickly. Also remember to keep children well hydrated and allow times for them to rest during their visit to the show.
- Pack a hat, water bottle, and sunscreen.

Over 100 St John first aiders will be on call during the full two weeks, and visitors can locate St John Ambulance first aid services from three different places. The main post is underneath the John McDonald stand, with the other two posts being located at the entrance of the Number 1 Show Ring adjacent to the main Gregory Terrace, and near the Number 2 oval adjacent to Side Show Alley.

St John Ambulance asks all visitors to the Ekka to stay safe, particularly in crowded areas, and to enjoy their time at the show.

St John Ambulance Australia is first in first aid, and is dedicated to helping people in sickness, distress, and suffering or in danger.

St John Ambulance is proudly supported by NRMA insurance.

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