

# CHP reminds public on precautions against heat stroke during very hot weather

The Centre for Health Protection (CHP) of the Department of Health (DH) today (August 16) reminded members of the public, particularly those undertaking outdoor activities, to take heed of necessary measures against heat stroke and sunburn in very hot weather.

"The public should carry and drink plenty of water to prevent dehydration while engaging in outdoor activities," a spokesman for the CHP said.

"Those engaged in strenuous outdoor activities should avoid beverages containing caffeine, such as coffee and tea, as well as alcohol, as they speed up water loss through the urinary system," the spokesman explained.

"The obese, the sick, including those with heart disease or high blood pressure, the old and the young are more vulnerable to heat-related illnesses. They should pay special attention," the spokesman added.

The public should adopt the following precautions:

- Wear loose and light-coloured clothing to reduce heat absorption and facilitate sweat evaporation and heat dissipation;
- Avoid vigorous exercise and prolonged activities like hiking or trekking as heat, sweating and exhaustion place additional demands on the physique;
- Perform outdoor activities in the morning or late afternoon;
- For indoor activities, open all windows, use a fan or use air-conditioning to maintain good ventilation; and
- Reschedule work to cooler times of the day.

If working in a hot environment is inevitable, introduce shade in the workplace where practicable, and start work slowly and pick up the pace gradually. Get into a cool area for rest at regular intervals to allow the body to recuperate.

The public should also note the latest and the forecast Ultraviolet (UV) Index released by the Hong Kong Observatory (HKO). When the UV Index remains high (6 or above):

- Minimise direct exposure of the skin and the eyes to sunlight;
- Wear loose long-sleeved clothing made of close-woven fabrics;
- Wear a wide brim hat or use an umbrella;
- Seek a shaded area or put on UV-blocking sunglasses;

- Apply a broad-spectrum sunscreen lotion with a sun protection factor (SPF) of 15 or above. Apply liberally and reapply after swimming or sweating; and
- While using DEET-containing insect repellents for personal protection against mosquito-borne diseases, apply sunscreen first, then insect repellent.

If symptoms develop, such as dizziness, headache, nausea, shortness of breath or confusion, rest and seek help immediately, and seek medical advice as soon as possible.

The public may get more information from the DH's Health Education Hotline (2833 0111), [heat stroke](#) page and [UV radiation](#) page; the HKO's Dial-a-Weather (1878 200), latest [weather and forecast](#), [UV Index](#) and weather information for [hiking and mountaineering](#); and [press releases](#) of the Labour Department on precautions against heat stroke for outdoor workers and their employers when the Very Hot Weather Warning is in force.

---

## **Assess the risk of heat stroke to employees**

Attention duty announcers, radio and TV stations:

Please broadcast the following special announcement immediately, and repeat it at frequent intervals when the Very Hot Weather Warning is in force:

The Labour Department reminds employers that as the Very Hot Weather Warning is in force, they should assess the risk of heat stroke to their employees and adopt effective preventive measures such as providing cool drinking water, setting up temporary sunshade and providing mechanical aids to reduce physical exertion of employees. Employees should drink water regularly and be mindful of their physical condition. If early heat stroke symptoms such as headache and thirst appear, they should rest in a cool or shady place and drink water immediately. They should also inform their supervisors to take appropriate actions.

---

# Very Hot Weather Warning issued

Attention TV/radio announcers:

Please broadcast the following as soon as possible:

The Hong Kong Observatory has issued the Very Hot Weather Warning.

To prevent heat stroke, avoid prolonged activities outdoors.

If engaged in outdoor work or activities, wear a wide-brimmed hat and light-coloured, loose-fitting clothes. Stay in shaded areas as much as possible.

Drink plenty of water, and avoid beverages containing caffeine or alcohol.

If you feel sick, consult a doctor right away.

---

## Transcript of remarks by FS at press conference on latest economic situation and measures to support enterprises and residents

The Financial Secretary, Mr Paul Chan, joined by the Secretary for Financial Services and the Treasury, Mr James Lau; the Secretary for Labour and Welfare, Dr Law Chi-kwong; the Secretary for Transport and Housing, Mr Frank Chan Fan; the Secretary for Food and Health, Professor Sophia Chan; the Secretary for Commerce and Economic Development, Mr Edward Yau; the Secretary for Education, Mr Kevin Yeung; and the Permanent Secretary for Financial Services and the Treasury (Treasury), Ms Alice Lau, today (August 15) held a press conference on the latest economic situation and a series of measures to support enterprises and residents. Following is the transcript of remarks:

Reporter: Thank you, Mr Chan. The Chief Executive said last week that we could see something worse than what we experienced under SARS. Is that something that you expect as well, for the situation to get that bad? Secondly, you also mentioned a lot about the domestic environment in your press release. Can you explain why you've mentioned that when you can address that with economic measures, why not also political measures, such as some of the five demands that the protestors have been asking for over this time? And finally, do you expect these measures to have an impact on the people who are

out on the streets protesting right now or are you trying to, maybe, turn public opinion against those protestors?

Financial Secretary: Well, as you rightly pointed out, the measures that we have just announced are economic measures trying to tackle the current economic difficulties and the coming economic headwind. It is not related to the political difficulties that we are facing. In my opening remarks, I refer to the political difficulties in order to avoid any confusion between the two. I just want to make sure our friends in the media and the public do understand where we come from. As to the upcoming economic situation, it is indeed very challenging. The escalating tension between the US and China, no matter on the trade front or the technology side, both are escalating, not to mention the possible spill-over to the financial market.

Apart from the US, the chance of a hard Brexit is also heightened. The economic activities within Asia also are slowing down, so the external headwinds are indeed strong. But how this would further develop will depend on a lot of different factors. I do not want to speculate to what extent all these will translate into impact on our economy but it would be prudent and reasonable to assume that the economic headwind will continue to be very strong. So we need to get ourselves prepared. In preparing for this economic headwind, we need to help our SMEs. By helping the SMEs, we try to safeguard jobs. We also need to inspire confidence among the people in terms of our preparedness, and our ability to weather through this difficulty. That's why we come up with all these measures. As to the protestors that you have mentioned, I just want to appeal to everyone that violence will not lead us to a solution. That will cause additional harms to the community and that would also escalate the tension among our people. Let's stop that. Let's take a break and focus ourselves and work together to weather through these economic difficulties ahead of us. Thank you.

Reporter: Can you tell us a bit about why you've chosen to use the word "social incident" in referring to the protest in the press release. Is there any meaning behind the word choice? Also, how cost-effective is this 19.1 billion series of measures going to be and how quickly can they be implemented, considering that the LegCo will only resume in October? And also, a question for Dr Law, your former allies in the Democratic Party have called on you to resign, as well as basically everyone sitting here. Do you have any comments on that – would you consider their appeal? Thank you.

Financial Secretary: Sorry, I didn't hear your last question. Would you mind repeating your last question?

Reporter:...(inaudible)

Financial Secretary: Ok, thank you. Let me ask Alice (Permanent Secretary for Financial Services and the Treasury (Treasury), Ms Alice Lau) to respond to your question about implementation.

Permanent Secretary for Financial Services and the Treasury (Treasury): Thank you, FS. In terms of implementation, it will depend on the nature of

different measures, the amount of money that would be required, and whether that would also involve some implementation preparations by the relevant bureaux and departments. For instance, those measures that can be implemented quickest, earliest, would be rental waiver for premises leased by the government to enterprises and also the short-term tenancies. Because these are administrative measures, and with a little bit of preparation, we expect most of these beneficiaries to start receiving benefits under this measure starting from October this year.

Whereas for a number of other measures, such as fee waiver, there are actually 27 groups of these fee items, which will be waived for one year. For most of them, the implementation would require amendment to subsidiary legislation. So we would have to wait until the Legislative Council is back in operation. We would then immediately table those subsidiary legislation, gazette them for immediate implementation. So for most of the fee items, we expect them to kick in probably from November onwards. Whereas for most of the big-ticket items, because of the amount involved, we would have to go to Finance Committee to seek funding approval, so their implementation will take a bit longer.

There is one significant revenue proposal which is tax concession. Friends in the media would recall that we already have a revenue bill (Inland Revenue (Amendment) (Tax Concessions) Bill 2019) that is lining up for enactment in the Legislative Council before the summer recess. We will now have to introduce an amendment to that bill in order to raise the percentage limit in the tax concession. This, barring unforeseen changes, we plan to do so again as soon as the Legislative Council is back. Hopefully we will be able to have this passed earliest possible. We might be able to, therefore, start issuing the tax demand notes from October/ November onwards. In other words, the implementation time table will depend on the nature of the measures and whether we need approval or endorsement, or passage of bills and subsidiary legislation in the Legislative Council.

Financial Secretary: As to your question about the impact of all these measures on the GDP, it is estimated to be about 0.3 per cent, but because of the different implementation time, this will realise over a period of time. But, let me reiterate that the purpose of these measures is to relieve the burdens of SMEs and our people, and through these measures we also hope that the people of Hong Kong will be better able to maintain their confidence in our economy and spend more. Finally, may I invite CK (the Secretary for Labour and Welfare, Dr Law Chi-kwong) to respond to your last question?

Secretary for Labour and Welfare: Sorry, I am not going to openly comment on that particular appeal.

Reporter:...choice of word...why do you say "social incident"...

Financial Secretary: Thank you. I used that word as a general term to describe all the events (that we saw in the community over the past two months).

(Please also refer to the Chinese portion of the transcript.)

---

## SEN visits youth programme interns working in Wolong (with photos)

The Secretary for the Environment, Mr Wong Kam-sing, continued his visit to Wolong, Sichuan, today (August 15) where he visited Zumushan, the Museum of Nature and Earthquake in Wolong, the Dengsheng conservation station and Wolong Old Street together with the participants of the Youth Internship Programme at the Wolong National Nature Reserve in Sichuan. They also prepared beehives in Wolong town.

Accompanied by the former Chairman of the Steering Committee for the Biodiversity Strategy and Action Plan for Hong Kong, Professor Lam Kin-che, and the former Convenor of the Steering Committee's Marine Biodiversity Working Group, Professor Nora Tam, Mr Wong in the morning visited Zumushan, the habitat for various kinds of birds. They were briefed by programme interns on avian ecology.

He then departed for the Museum of Nature and Earthquake in Wolong where he received a briefing from programme interns who engaged in multi-media on filming of ecological conservation, sketching of giant pandas and their experience on natural ecology. Interns working as museum guides introduced the Wolong National Nature Reserve and gave a presentation on their internship duties. During the visit, Mr Wong learned about the promotion of natural ecological education at the museum and spoke with the interns.

In the afternoon, Mr Wong, together with the two professors and interns, called at the Dengsheng conservation station, where they were briefed by station staff and interns on the installation of infrared cameras in the field for observing biological species and recording the progress and results of related outdoor research work.

Afterwards, they headed to Wolong Old Street, a place where indigenous Tibetans and ethnic Qiang live. There, they were briefed by programme interns on the balance between local livelihoods and natural ecology. They then prepared beehives, which serves a role in the promotion of eco-tourism, in Wolong town.

Professor Tam hosted a sharing session for interns on the marine ecology and conservation of the Guangdong-Hong Kong-Macao Greater Bay Area in the evening. She introduced information on the resource management and development of the coastal area, and discussed the work and effectiveness of



marine ecology and conservation in the region.

Mr Wong will officiate at the closing ceremony of the Youth Internship Programme at the Wolong National Nature Reserve in Sichuan tomorrow morning (August 16). Following that, he will conclude his visit and return to Hong Kong on the same day.

