

# 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 (July 17) 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.

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## 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.

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## Territory-wide flag day today

Children Chiropractic Foundation Limited has been issued a Public Subscription Permit to hold a territory-wide flag sale from 7am to 12.30pm today (July 17), a spokesman for the Social Welfare Department (SWD) said.

For enquiries, please call the SWD's hotline at 2343 2255, or the designated hotline of the 1823 Call Centre at 3142 2678. Information on flag days is available at the SWD's website ([www.swd.gov.hk/en/index/site\\_whatsnew](http://www.swd.gov.hk/en/index/site_whatsnew)) and the GovHK portal ([www.gov.hk/en/theme/fundraising/search](http://www.gov.hk/en/theme/fundraising/search)). Permits for flag days containing contact information of the flag-selling organisations and information on the approved flag-selling activities have also been uploaded to the SWD's website ([www.swd.gov.hk/en/index/site\\_pubsvc/page\\_controlofc/sub\\_recentlyap](http://www.swd.gov.hk/en/index/site_pubsvc/page_controlofc/sub_recentlyap)). For enquiries about the detailed flag-selling arrangements, please contact the individual flag-selling organisations.

Details of the charitable fund-raising activities covered by the Public Subscription Permit issued by the SWD have also been uploaded to the GovHK website ([www.gov.hk/fundraising](http://www.gov.hk/fundraising)).

In case of suspected fraudulent flag day activities, people should not make any donation and should immediately report the matter to the Police, the spokesman added.

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## [Hong Kong Customs combats unfair trade practices at ginseng and dried seafood shop](#)

Hong Kong Customs today (July 16) arrested a male director and a male salesperson of a ginseng and dried seafood shop suspected of engaging in aggressive commercial practices in the course of selling Chinese herbal medicine, in contravention of the Trade Descriptions Ordinance (TDO).

Customs earlier received information alleging that staff members of a ginseng and dried seafood shop in Mong Kok were suspected to have used coercion when selling Chinese herbal medicine to a customer who was forced to procure Chinese herbal medicine valued at about \$7,000.

After investigation, Customs officers today arrested two men, aged 28 and 42.

Investigation is ongoing and the arrested men have been released on bail pending further investigation.

Customs reminds traders to comply with the requirements of the TDO and consumers to procure products at reputable shops.

Under the TDO, any trader commits an offence of engaging in aggressive commercial practices if harassment, coercion or undue influence is used to impair consumer's freedom of choice or conduct, causing the consumer to make

a transactional decision. The maximum penalty upon conviction is a fine of \$500,000 and imprisonment for five years.

Members of the public may report any suspected violations of the TD0 to Customs' 24-hour hotline 2545 6182 or its dedicated crime-reporting email account ([crimereport@customs.gov.hk](mailto:crimereport@customs.gov.hk)).

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## **Update on Candida auris cases in Kowloon West Cluster**

The following is issued on behalf of the Hospital Authority:

Regarding an earlier announcement on Candida auris carrier cases, the spokesperson for Kowloon West Cluster (KWC) made the following update today (July 16):

According to the contact tracing result, three more male patients (aged 64 to 92) are confirmed to carry Candida auris while not having signs of infection. One of the patients stayed in the Medical and Geriatric Ward of Princess Margaret Hospital (PMH) and has been discharged. Among the two male patients stayed in the Extended Care Ward of North Lantau Hospital (NLTH), one of them is still being treated in NLTH and the other is being treated in PMH due to underlying diseases. Both are under isolation with stable condition. In accordance with prevailing guideline, the following enhanced infection control measures have already been adopted in both hospitals:

1. Thorough cleaning and disinfection of the wards concerned;
2. Enhanced patient and environmental screening procedures; and
3. Application of stringent contact precautions and enhanced hand hygiene of staff and patients.

KWC will continue to closely monitor the situation of the patients. The cases have been reported to the Hospital Authority Head Office and the Centre for Health Protection for necessary follow-up.