

# 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 15) 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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## **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.

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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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## Results of Yuen Long District Council by-election

The result of the by-election for the San Tin Constituency of the Yuen Long District Council held yesterday (July 14) is as follows:

Candidate	No. of votes obtained
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Man Ka-koy	1340
Man Ka-ho Donald	565

Man Ka-koy was declared elected to the Yuen Long District Council.

For the Shap Pat Heung West Constituency of the Yuen Long District Council, as there is only one validly nominated candidate, Leung Fuk-yuen, the candidate was declared by the Returning Officer on June 21 as being duly elected as an elected member for the above constituency at the by-election in accordance with section 39(1) of the District Councils Ordinance (Cap. 547).

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## Final voter turnout for Yuen Long District Council by-election (with photo)

At the close of polling at 10.30pm today (July 14), 1 945 of the 9 208 registered electors of the San Tin Constituency had cast their votes in the Yuen Long District Council by-election, representing a turnout of 21.12 per cent. (The voter turnout figures are only for temporary reference.)

The polling stations located at Tun Yu School, San Tin, Yuen Long, New Territories and St. Gavriel Kindergarten, 1 San Wai Tsuen, San Tin, Yuen Long, New Territories opened from 7.30am to 10.30pm.

The dedicated polling station at Yuen Long Police Station also opened from 7.30am to 10.30pm. It was set up for electors in the San Tin Constituency remanded or detained by law enforcement agencies other than the Correctional Services Department (CSD) to cast their ballots.

Five dedicated polling stations were also set up at penal institutions for electors in the constituency who are imprisoned or remanded in the CSD's custody to cast their votes at their respective penal institutions. For security reasons, the polling hours were from 9am to 4pm.

Registered electors in the Shap Pat Heung West Constituency of the Yuen Long District Council do not have to vote today because the candidate for the constituency has been returned uncontested.

