

# 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 14) 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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## Police strongly condemn law-breaking behaviours

A public procession was held in Sheung Shui yesterday (July 13). It started from the basketball court outside North District Sports Ground at 3.30pm and ended at about 5pm as announced by the organiser.

After that, a large number of people assembled unlawfully along Lung Sum Avenue, Lung Wan Street and San Wan Road. Police found that in a short period of time, a large number of equipment like helmets and goggles were distributed premeditatedly. Some protestors collected a lot of iron poles and other offensive weapons, demolished the railings nearby, and blocked the roads by water barriers, railings and some miscellaneous objects.

Meanwhile, some protestors argued with other people at scene and attempted to charge and besiege Police officers when the officers intervened. A large number of violent protestors deliberately charged Police cordon lines and attacked Police officers with different weapons and objects including iron poles and suspected irritating powder and liquid, causing injuries to the limbs and faces of a number of Police officers. Ten officers were discharged from hospital after receiving treatment.

After repeated but futile warnings, Police took actions to disperse the protestors at around 8pm. The dispersal action was concluded at 10.30pm yesterday and all the blocked roads were reopened. During the operation yesterday, Police arrested two men for unlawful assembly and non-payment of

fine.

One of the arrestees was suspected of obstructing the advance of Police cordon line. When Police tried to approach the man for enquiry, he suddenly escaped. When arrived at a footbridge connecting Landmark North, he strode over the railings and attempted to jump off the footbridge. Police officers immediately held the man and rescued him. After initial investigation, he was arrested for unlawful assembly.

During the operation yesterday, Police found that certain Legislative Council (LegCo) members and other people stood before the Police cordon lines, blocking officers in moving forward. This not only obstructed Police in performing their duties but also caused danger to the personal safety of LegCo members themselves as well as Police officers, reporters and protestors. Members of the public should not obstruct Police's operations by any means or they might be liable to the offence of obstructing Police officers.

Police strongly condemn the deliberate attacks by violent protestors and stress that Police will investigate and resolutely pursue all illegal and violent acts.

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## Police's response to media enquiries

In response to media enquiries regarding a man attempted to jump off a footbridge during Police's dispersal action near MTR Sheung Shui Station tonight (July 13), a Police spokesperson replied as follows:

During Police's dispersal action near MTR Sheung Shui Station, a man was suspected of obstructing the advance of Police cordon line. When Police tried to approach the man for enquiry, the man suddenly escaped. When arrived at a footbridge connecting Landmark North, he strode over the railings and attempted to jump off the footbridge. Police officers immediately held the man and rescued him. After initial investigation, the man was arrested for unlawful assembly.