

TD reminds public to pay attention to special traffic and transport arrangements

Attention TV/radio announcers:

Please broadcast the following as soon as possible:

The Transport Department (TD) today (July 7) said that because of public activities near Hong Kong West Kowloon Station and Austin Station, crowd management measures would be in place. High Speed Rail passengers are only able to enter at Entrance D of the Hong Kong West Kowloon Station (near ELEMENTS The Rink). Passengers who have arrived from the Mainland should follow staff directions to leave from Exit K.

To maintain the smooth operations of the station and High Speed Rail train service, tickets for trains between Hong Kong West Kowloon Station and the Mainland from noon till end of service today are not available for sale in all ticketing channels with immediate effect.

Passengers may take the Intercity Through Train or travel on the East Rail Line to Lo Wu/Lok Ma Chau to enter the Mainland. They may also consider using other cross-boundary transport.

Separately, in order to facilitate a public procession in Tsim Sha Tsui, the following special traffic arrangements will be implemented from about 4pm to 5.30pm today.

(1) Kowloon Park Drive northbound between Salisbury Road and China Hong Kong City will be temporarily closed. The right-turn traffic from Salisbury Road westbound and Middle Road westbound heading for Kowloon Park Drive northbound, as well as the left-turn traffic from Salisbury Road eastbound heading for Kowloon Park Drive northbound will be temporarily banned; and

(2) Peking Road between Canton Road and Kowloon Park Drive will be temporarily closed.

Police officers will be on-site to guide motorists. Motorists should exercise tolerance and patience in case of traffic congestion, and observe the instructions given by the Police.

Members of the public are advised to plan their routes early and allow more travelling time to cater for unexpected delay. Public transport commuters are advised to pay attention to the arrangements of public transport route diversion and changes of stop locations.

Members of the public are advised to be alert to the latest traffic news through television and radio, the TD's website (www.td.gov.hk), or the TD's mobile application "HKeMobility" to obtain the latest special traffic and

transport arrangements.

Red flag hoisted at South Bay Beach

Attention TV/radio announcers:

Please broadcast the following as soon as possible:

Here is an item of interest to swimmers.

The Leisure and Cultural Services Department announced today (July 7) that the Environmental Protection Department has classified the water quality at South Bay Beach in Southern District as Grade 4, which means the beach is not suitable for swimming. The red flag has been hoisted. Beach-goers are advised not to swim at the beach until further notice.

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 7) 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 inform their supervisors and seek medical help immediately.

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.