

Police remind members of the public to be cautious when participating in public procession

Police appeal to members of the public to consider seriously whether to take part in a public procession on Hong Kong Island this afternoon (July 1). Police remind those who choose to participate to take extreme care.

At about 4am today, a large number of protestors dashed onto Lung Wo Road, Tim Mei Avenue and Harcourt Road in Admiralty. They blocked the roads and obstructed traffic with mills barriers and sundries. At the same time, some protestors stole iron poles and bricks from nearby construction site and guard rails from nearby roads. Some protestors also pried up bricks on Lung Wo Road and transported them towards Hong Kong Convention and Exhibition Centre. At about 7.30 am, protestors charged Police cordon lines by hurling objects including mills barriers and sundries. Police decided to take action to disperse the protestors.

At about 9.30am, some protestors hurled objects containing unknown liquid at police officers. Police officers at scene were injured and among them, some experienced difficulty in breathing and had swollen skin. Thirteen officers were discharged from hospital after receiving treatment. The case was taken up by the Organised Crime and Triad Bureau for investigation. Police strongly condemn such illegal acts and will stringently follow up.

At around 1pm, some protestors started storming the Legislative Council Complex, posing serious threat to public safety and public order.

Police absolutely respect people's freedom of assembly, procession and expression of opinion in a peaceful and orderly manner. However, Police's risk assessment indicates that there is a serious safety threat in Admiralty and Wan Chai and thus advise members of the public to carefully consider whether to join the public procession on Hong Kong Island this afternoon. Police remind those who opt to take part, especially who will bring along young and elderly family members, to take extreme care.

Red flags hoisted at Cheung Chau Tung Wan 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 1) that due to big waves, the red flag has been hoisted at Cheung Chau Tung Wan Beach in Islands District. Beach-goers are advised not to swim at the beach.

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 1) 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.