

# 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 (June 27) 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 or thirst appear, they should inform their supervisors and seek medical help immediately.

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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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## [Apply for travel documents early to avoid summer rush](#)

Hong Kong residents intending to travel abroad during the summer holidays are reminded to apply early for travel documents.

An Immigration Department (ImmD) spokesperson said that with effect from May 14, 2019, the ImmD has provided additional means for submitting Hong Kong Special Administrative Region (HKSAR) passport applications to further enhance service standards. Apart from the existing application means, eligible applicants can also submit applications through the ImmD Mobile Application. New Travel Document Submission Kiosks have also been also put into service at Immigration Headquarters and at all six Immigration Branch Offices. Applicants can choose to submit photographs via the built-in scanner or the new self-service photo-taking function. Eligible applicants with a height of 1.25 metre or more may choose to use the photo-taking function free of charge. The kiosks also employ an Octopus payment function, providing an alternative payment option for the public.

The spokesperson said the processing time for HKSAR passport applications is normally five working days (excluding Saturdays, Sundays and general holidays) after receipt of all necessary documents, the application fee and a photograph. Applications in respect of children under 11 years old not holding a Hong Kong permanent identity card normally take 10 working days. As regards applications submitted by post, via drop-in-box, online or ImmD Mobile Application, processing might take two to three more working days. Applications for a replacement passport due to loss, damage or amendment of personal data should be made in person, and the processing time may be longer.

The spokesperson emphasised that a request for urgent issue of an HKSAR passport will only be entertained in justifiable circumstances. Normally, no priority will be granted to pleasure trippers.

Applicants who wish to apply for or collect travel documents in person are encouraged to make prior appointments through the Internet ([www.gov.hk/tdbooking](http://www.gov.hk/tdbooking)), ImmD Mobile Application or the 24-hour hotline (2598 0888).

HKSAR passport application forms and information leaflets on application procedures and the requisite documents are available at Immigration Headquarters and Immigration branch offices. For details and application forms, please visit website ([www.gov.hk/passport](http://www.gov.hk/passport)). Enquiries can also be made by telephone (2824 6111), fax (2877 7711) or email ([enquiry@immd.gov.hk](mailto:enquiry@immd.gov.hk)).

At present, 165 countries and territories have granted visa-free access or visa-on-arrival to HKSAR passport holders. Some places require visitors to have a passport with validity of at least six months.

Moreover, in order to allow greater travel convenience for HKSAR passport holders, the ImmD has co-operated with Korea, Singapore, Germany, Australia and Thailand, where eligible HKSAR passport holders may now use the automated immigration clearance services there. For detailed information, please visit ([www.immd.gov.hk/eng/services/automated\\_clearance.html](http://www.immd.gov.hk/eng/services/automated_clearance.html)).

Before travelling abroad, Hong Kong residents can use the Registration of Outbound Travel Information (ROTI) service to register their contact details and itinerary. The information they provide allows the Assistance to Hong Kong Residents Unit (AHU) of the ImmD to contact and assist them in an emergency outside Hong Kong. For more information on ROTI, please visit ([www.gov.hk/roti](http://www.gov.hk/roti)) or call (852) 183 5500. Residents who need assistance while outside Hong Kong may call the 24-hour hotline of the AHU at (852) 1868.

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## **Correctional officers stop remand person in custody attempting suicide by hanging**

Correctional officers stopped a 24-year-old male remand person in custody from attempting suicide by hanging in Stanley Prison yesterday (June 26).

At 8.47pm yesterday, a correctional officer found the remand person in custody attempting suicide by hanging himself with a bedsheet tied to the window grille bar of the cell. The officer immediately called for reinforcements to help stop the act. The person in custody was still conscious when found. After examination and treatment by the institution Medical Officer, he was referred to a public hospital for further observation and treatment. A clinical psychologist of the department will follow up on the case.

A spokesman for the Correctional Services Department said, "The department uses all possible measures to prevent persons in its custody from attempting suicide or self-harm. These measures include administrative arrangements, the improvement of institution facilities, staff training and first aid services."

The person in custody was remanded for the offence of fraud in November 2018.