

## **Red flag hoisted at Hap Mun 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 (June 23) that due to big waves, the red flag has been hoisted at Hap Mun Bay Beach in Sai Kung District. Beach-goers are advised not to swim at the beach.

---

## **Special traffic arrangements for race meeting in Sha Tin**

Police advise motorists that special traffic arrangements will be implemented in Sha Tin to facilitate the race meeting today (June 23).

The arrangements will come into effect two hours before the start of the first race and will last until the crowds have dispersed after the race meeting.

Appropriate traffic signs will be put up and police will be on hand to guide motorists.

The Police also appeal to people going to Sha Tin Racecourse for the race meeting and to Happy Valley Racecourse for cross betting to make maximum use of public transport.

Parking spaces at the two racecourses are available only to holders of appropriate permits issued by Hong Kong Jockey Club and any vehicles illegally parked will be towed away.

---

## **HAD opens temporary heat shelters**

The Home Affairs Department has opened 19 temporary heat shelters today (June 23) as the Very Hot Weather Warning (VHWW) is in force.

The shelters will be closed at 10pm if the VHWW is cancelled before

4.30pm. Otherwise, the shelters will be open until 8am tomorrow.

For further information, please call the department's hotline on 2835 1473.

The 19 temporary heat shelters are located at:

Hong Kong Districts:

Central and Western –

Sai Ying Pun Community Complex Community Hall  
3/F, Sai Ying Pun Community Complex,  
2 High Street, Sai Ying Pun

Eastern –

Causeway Bay Community Centre  
7 Fook Yum Road, Causeway Bay

Southern –

Lei Tung Community Hall  
Lei Tung Estate, Ap Lei Chau

Wan Chai –

Wan Chai Activities Centre  
LG/F, Wan Chai Market, 258 Queen's Road East, Wan Chai

Kowloon Districts:

Kowloon City –

Hung Hom Community Hall  
1/F, Kowloon City Government Offices,  
42 Bailey Street, Hung Hom

Kwun Tong –

Lam Tin (West) Estate Community Centre  
71 Kai Tin Road, Lam Tin

Sham Shui Po –

Shek Kip Mei Community Hall  
G/F, Block 42, Shek Kip Mei Estate, Sham Shui Po

Wong Tai Sin –

Tsz Wan Shan (South) Estate Community Centre  
45 Wan Wah Street, Tsz Wan Shan

Yau Tsim Mong –

Henry G. Leong Yaumatei Community Centre  
60 Public Square Street, Yau Ma Tei

## New Territories Districts:

---

### Islands –

Tung Chung Community Hall  
G/F, Tung Chung Municipal Services Building,  
39 Man Tung Road, Tung Chung

### Kwai Tsing –

Kwai Shing Community Hall  
Podium, Block 6, Kwai Shing West Estate, Kwai Chung

### North –

Cheung Wah Community Hall  
Cheung Wah Estate, Fanling

### Sai Kung –

Hang Hau Community Hall  
G/F, Sai Kung Tseung Kwan O Government Complex,  
38 Pui Shing Road, Hang Hau, Tseung Kwan O

### Sha Tin –

Lung Hang Estate Community Centre  
Lung Hang Estate, Sha Tin

### Tai Po –

Tai Po Community Centre  
2 Heung Sze Wui Street, Tai Po

### Tsuen Wan –

Lei Muk Shue Community Hall  
G/F, Hong Shue House, Lei Muk Shue Estate, Tsuen Wan

### Tuen Mun –

Butterfly Bay Community Centre  
Butterfly Estate (near Tip Sum House), Tuen Mun

### Yuen Long –

Long Ping Community Hall  
Long Ping Estate, Yuen Long

### Yuen Long –

Tin Yiu Community Centre  
Tin Yiu Estate, Tin Shui Wai

---

## Red flags hoisted at Hung Shing Yeh Beach and Lo So Shing 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 (June 23) that due to big waves, red flags have been hoisted at Hung Shing Yeh Beach and Lo So Shing Beach in Islands District. Beach-goers are advised not to swim at these beaches.

---

## 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 23) 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.