

# 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 22) 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 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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## **Territory-wide flag day today**

The Hong Kong Student Aid Society Limited has been issued a Public Subscription Permit to hold a territory-wide flag sale from 7am to 12.30pm today (June 22), a spokesman for the Social Welfare Department (SWD) said.

For enquiries, please call the SWD's hotline at 2343 2255, or the designated hotline of the 1823 Call Centre at 3142 2678. Information on flag days is available at the SWD's website ([www.swd.gov.hk/en/index/site\\_whatsnew](http://www.swd.gov.hk/en/index/site_whatsnew)) and the GovHK portal ([www.gov.hk/en/theme/fundraising/search](http://www.gov.hk/en/theme/fundraising/search)). Permits for flag days containing contact information of the flag-selling organisations and information on the approved flag-selling activities have also been uploaded to the SWD's website ([www.swd.gov.hk/en/index/site\\_pubsvc/page\\_controlofc/sub\\_recentlyap](http://www.swd.gov.hk/en/index/site_pubsvc/page_controlofc/sub_recentlyap)). For enquiries about the detailed flag-selling arrangements, please contact the individual flag-selling organisations.

Details of the charitable fund-raising activities covered by the Public Subscription Permit issued by the SWD have also been uploaded to the GovHK website ([www.gov.hk/fundraising](http://www.gov.hk/fundraising)).

In the case of suspected fraudulent flag day activities, people should not make any donation and should immediately report the matter to the Police, the spokesman added.

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## **Police condemn protestors for**

# besieging Police Headquarters

Police condemn protestors for blocking Harcourt Road, Arsenal Street and Gloucester Road started at about 10.50am yesterday (June 21) and further besieged the Police Headquarters (PHQ) in Wan Chai.

The acts of the protestors seriously affected the work of Police, including the provision of emergency services to the public. The Report Room service in Wan Chai Police Station has been suspended since around 1.40pm yesterday. 60 calls of 999 hotline in Wan Chai Division could not be immediately handled. Extra resources were deployed to follow up. As staff members could not enter PHQ, the follow-up service of e-Report Centre has been suspended from 11pm yesterday.

Nine female and four male staff members were sent to hospital for treatment with considerable delay during the blockade in the vicinity of PHQ last night.

While besieging PHQ, the protestors used mills barriers and sundries to block the entrance and exit gates, threw eggs at PHQ, drew graffiti on the outer walls, and covered the closed-circuit television on the outer wall of PHQ with adhesive tapes. They also splashed oil onto Police officer and targeted laser beam at Police officers' eyes.

Police have shown the greatest tolerance to the protestors who assembled outside PHQ, but their means of expressing views have become illegal, irrational and unreasonable. Police will stringently follow up on these illegal activities.