

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 6) 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.

Sheung Shui Slaughterhouse to resume operation with new slaughtering arrangement

Sheung Shui Slaughterhouse (SSSH) will resume operation tomorrow (June 6) to provide slaughtering services, following the completion of comprehensive cleansing and disinfection of the slaughterhouse today (June 5).

To strengthen the prevention of African Swine Fever (ASF) at local level, the Government has reached a consensus with the live pig trade to start imposing a daily clearance arrangement upon reopening of SSSH whereby live pigs will be slaughtered within 24 hours upon admittance into the slaughterhouse. Under the new arrangement, lairages in different areas of the slaughterhouse will be cleared out and undergo thorough cleansing every day to further enhance the bio-security of, and minimise the risk of infection among pigs in, the slaughterhouse.

The Food and Environmental Hygiene Department and the Agriculture, Fisheries and Conservation Department have been implementing a series of measures in different areas to strengthen the prevention of ASF.

Besides, the Government is working with the General Administration of Customs and importers on resumption of supply of Mainland pigs as soon as possible.

ASF will not infect humans and pose food safety risk. All imported and local pigs have to undergo ante-mortem and post-mortem inspections in slaughterhouses to ensure that pigs supplied to the market are safe and fit for human consumption. Well-cooked pork is safe for consumption.

Updates on recall of blood test reagent and blood products

The following is issued on behalf of the Hospital Authority:

Regarding an earlier announcement on a blood test reagent and blood products recall arrangement, the spokesperson for the Hospital Authority (HA) gave the following update today (June 5):

After receiving notification from reagent manufacturer Bio-Rad, the HA earlier announced the recall of two batches of a blood test reagent and related blood products, as the reagent might give a false-negative result during the red blood cell anti-mia antibodies screening test. Hospital blood banks and the Hong Kong Red Cross Blood Transfusion Service (BTS) have completed reviewing blood samples tested by the concerned reagent. The results are as follows.

The BTS has traced and reviewed 4 594 blood samples tested by the reagent concerned, among which four specimens were confirmed as having false-negative results. The blood in these specimens had been processed to six bags of blood products, including two bags of red blood cells and four bags of platelets, and had been distributed to hospitals. Two bags of unused red blood cells were recalled immediately, while the four bags of platelets sent to Tseung Kwan O Hospital (TKOH), Queen Mary Hospital (QMH), Gleneagles Hong Kong Hospital and Hong Kong Baptist Hospital have already been transfused to patients. Upon reviewing clinical records and retesting, the patient who received transfusion in QMH does not have the corresponding antigen, while the patient at TKOH is known to have the corresponding antibodies. Hence, transfusion of the concerned platelet would not affect the two patients' clinical condition. The BTS has notified the doctors of the private hospitals to follow up on the condition of the other two transfused patients.

In addition, all 17 hospital blood banks have reviewed the type and screen results of a total of 3 860 blood samples tested by the concerned reagent. It was confirmed that no patient has been transfused with inappropriate blood products, but 10 patients' tests showed false-negative results. Hospitals have accordingly updated three of the concerned patients' medical records. The other seven patients' medical records are not affected as they had received the test before and had the results properly recorded in their medical records.

The HA is very concerned about the incident and has taken serious action to follow up with the reagent manufacturer. The HA has also requested the manufacturer to implement remedial measures and to avoid occurrence of the incident in future. The BTS and hospital blood banks have already switched to other batches of reagent or reagent provided by other manufacturers. The HA's

blood test services remain as normal.

The HA has notified the Department of Health the result and appropriate follow up action.