

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 (September 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.

Tenders invited for purchase of former government quarters

The Government Property Agency is inviting tenders for the purchase of 10 former government quarters properties, each consisting of one flat with one car parking space, in Pok Fu Lam, Tai Hang and Mid-levels, Hong Kong Island.

Five of these properties are located at Blocks 41-44 of Baguio Villa, 550 Victoria Road, Pok Fu Lam. Each flat has a saleable area of about 193.1 square metres. Two other properties are located at Block A of Elm Tree Towers, 8 Chun Fai Road, Tai Hang. Each flat has a saleable area of about 145.9 sq m. One other flat with a saleable area of about 213.9 sq m is located at MacDonnell House, 6 and 8 MacDonnell Road, Mid-levels. Another flat with about 223.9 sq m of saleable area is located at Po Shan Mansions, 10 and 12 Po Shan Road, Mid-levels. The last flat, with a saleable area of about 164.3 sq m, is located at Pokfulam Mansion, 94B Pok Fu Lam Road, Pok Fu Lam. Six of these properties will be sold with vacant possession and the remaining four properties will be sold with existing tenancies. Tenderers may purchase one or more or all of them.

The six properties which will be sold with vacant possession will be open from 2pm to 6pm for inspection by interested parties during the following periods:

- (i) September 8 (Saturday)
- (ii) September 9 (Sunday)
- (iii) September 15 (Saturday)
- (iv) September 22 (Saturday)
- (v) September 23 (Sunday)
- (vi) September 29 (Saturday)
- (vii) September 30 (Sunday)

Interested parties are required to register at the reception counter on 13/F of Block 41 of Baguio Villa, Flat B on 4/F of MacDonnell House, Apartment No. B2 on 8/F of Po Shan Mansions and Apartment A on 2/F of Pokfulam Mansion prior to inspection.

Tender documents are available for collection at the Government Property Agency, 31/F, Revenue Tower, 5 Gloucester Road, Wan Chai, during office hours (9am to 5.30pm from Mondays to Fridays), and can be downloaded from the Agency's website: www.gpa.gov.hk.

Tenderers must submit their tenders by placing them in the Government Logistics Department Tender Box situated on the Ground Floor, North Point Government Offices, 333 Java Road, North Point, Hong Kong, before noon on October 5 (Friday). If a black rainstorm warning or a tropical cyclone warning signal No. 8 or above is effective between 9am and noon on the said date, the tender closing time will be extended to noon on the next working day. Late tenders will not be accepted.

FS meets Israeli government officials and business leaders to forge closer HK-Israel economic and I&T collaboration (with photos/video)

The Financial Secretary, Mr Paul Chan, yesterday (September 5, Israel time) continued his visit to Israel in Tel Aviv, where he met with top officials of the Israeli government and representatives of the business sector, to further promote closer collaboration between Hong Kong and Israel on the innovation and technology (I&T) and economic fronts.

To start the day, he attended a breakfast meeting with a number of Israeli I&T, Fintech and biotech enterprises, whose business scope ranges from blockchain technology, pharmaceuticals, electronic payment to artificial intelligence. Also present were the Secretary for Financial Services and the Treasury, Mr James Lau, and the Director-General of Investment Promotion, Mr Stephen Phillips.

Mr Chan highlighted Hong Kong's commitment to provide a conducive ecosystem to support I&T development, and that various measures, ranging from technological research infrastructure to pooling technology talent and provision of investment funding, have been launched. He encouraged Israeli I&T companies to establish a presence or expand their businesses in Hong Kong.

Accompanied by Mr Lau and Mr Phillips, Mr Chan then called on the

Minister of Economy and Industry of Israel, Mr Eli Cohen. He said that Israel is a hub of advanced I&T industries with a vibrant ecosystem for start-ups, while Hong Kong is a leading global financial centre with ample liquidity and international investors. Israeli companies can make good use of Hong Kong's platform in seeking financing and suitable partners.

They then had a lunch meeting with the Minister of Finance, Mr Moshe Kahlon, and exchanged view with regarding the latest economic development in Israel and Hong Kong, and the global economic outlook.

In the afternoon, following meetings with a number of Israeli companies, they visited the DLD Tel Aviv Innovation Festival. Held annually, the Festival is the largest of its kind in Israel and attracts several thousand I&T participants from around the world.

At one of the discussion sessions of the Festival, he introduced to the audience the unique strengths of Hong Kong under the "one country, two systems" as well as the city's excellent business environment.

Mr Chan and Mr Lau later visited a Fintech company specialises in big data analytics and cyber security. Later, they paid a courtesy call to the Chinese Ambassador to Israel, Mr Zhan Yongxin.

Today (September 6, Israel Time), Mr Chan will visit Ramot at Tel Aviv University, a centre for commercialisation of the university's research work, for a briefing by academics on the latest development in areas such as Fintech and Smart City.

Concluding the visit to Israel, He will return to Hong Kong in the morning of September 7 (Hong Kong time).



