

Re-appointments to Research Council

The Government today (August 1) announced the re-appointment of two serving members, namely Ms Mabel Chau Man-ki and Dr Gene Tsoi Wai-wang, to the Research Council from August 1, 2018, to September 30, 2019.

The Council, chaired by the Secretary for Food and Health, is responsible for providing strategic guidance for funding health and medical research, and overseeing the administration of the Health and Medical Research Fund including the allocation of funds for approved research and health promotion projects.

The membership list of the Council with effect from August 1, 2018, is as follows:

Chairperson:

Secretary for Food and Health/Permanent Secretary for Food and Health (Health)

Members:

Ms Mabel Chau Man-ki

Dr Vincent Cheng Chi-chung

Professor Annie Cheung Nga-yin

Professor David Hui Shu-cheong

Professor Timothy Kwok Chi-yui

Professor Lau Chak-sing

Professor Diana Lee Tze-fan

Professor Leung Suet-yi

Professor Lyu Aiping

Professor Alex Molasiotis

Professor Hextan Ngan Yuen-sheung

Professor Joseph Sriyal Malik Peiris

Dr Gene Tsoi Wai-wang

Professor Yeoh Eng-kiong

Professor Yip Shea-ping

Dr Yu Wai-cho

Secretary for Innovation and Technology or representative

Director of Health or representative

Chief Executive of the Hospital Authority or representative

Dean of the Faculty of Medicine of the Chinese University of Hong Kong or representative

Dean of the Li Ka Shing Faculty of Medicine of the University of Hong Kong or representative

Consultant (Research Office), Food and Health Bureau (Secretary)

Missing man in Kwun Tong located

A man who went missing in Kwun Tong has been located.

Cheung Chi-keung, aged 61, went missing after he left his residence in Lei Yue Mun Estate on July 24 morning. His family made a report to Police on July 25.

The man was located in a hospital on Hip Wo Street in Sau Mau Ping yesterday afternoon (July 31).

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 (August 1) 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.