

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 (July 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.

Commencement notices for jurisdictional rise of District Court and Small Claims Tribunal and Small Claims Tribunal (Fees) (Amendment) Rules 2018 gazetted

The following is issued on behalf of the Judiciary:

The commencement notices to give effect to the two resolutions relating to the civil jurisdictional limits of the District Court (DC) and the Small Claims Tribunal (SCT) passed by the Legislative Council on June 27, 2018 were published in the Gazette today (July 6).

The two resolutions seek to increase the civil jurisdictional limits of the DC and the SCT stipulated respectively in the District Court Ordinance (Cap 336) and the Small Claims Tribunal Ordinance (Cap 338) as follows:

(a) increasing the general financial limit of the civil jurisdiction of the DC from \$1 million to \$3 million;

(b) increasing the financial limit for land matters of the DC from \$240,000 to \$320,000 in terms of the annual rent or the rateable value or the annual value of the land;

(c) increasing the limit for the equity jurisdiction of the DC where the proceedings do not involve or relate to land from \$1 million to \$3 million;

(d) increasing the limit for the equity jurisdiction of the DC where the proceedings wholly involve or relate to land from \$3 million to \$7 million; and

(e) increasing the limit for the SCT from \$50,000 to \$75,000.

The Chief Justice of the Court of Final Appeal has appointed December 3, 2018 as the commencement date of the above jurisdictional rise.

Also gazetted today were the Small Claims Tribunal (Fees) (Amendment) Rules 2018 (the Amendment Rules).

The spokesman for the Judiciary said, "The Amendment Rules seek to prescribe the fees payable for filing of claims at the SCT up to its new jurisdictional limit of \$75,000, and correspondingly adjust the range of claim amount for the existing four bands of fees in the Small Claims Tribunal (Fees) Rules (Cap 338B). The existing fee amount for each band of fee would remain unchanged.

"The Amendment Rules will come into operation on the same day as the commencement date of the jurisdictional rise of the SCT, i.e. December 3," he added.

The commencement notices and the Amendment Rules will be tabled in the Legislative Council for negative vetting on July 11, 2018.

Rates and Government rent due July 31

Demand notes for rates and/or Government rent for the quarter from July to September 2018 have been issued, and payment should be made by July 31, 2018.

The demand notes have reflected the rates concession for this quarter, subject to a ceiling of \$2,500 for each rateable tenement. Any unused portion of the concession in this quarter will not be used to offset the outstanding rates in any other quarter. The concession does not apply to payment of Government rent.

Payment can be made:

- (1) by using autopay or electronic means (such as PPS, bank automated teller machine (ATM) or the Internet);
- (2) by uploading an e-Cheque/e-Cashier's Order via the Pay e-Cheque portal www.payecheque.gov.hk;
- (3) by sending a crossed cheque to the Treasury, PO Box 28000, Gloucester Road Post Office, Hong Kong (please note that mail with underpaid postage will be rejected); or
- (4) in person at any of the post offices or designated convenience stores.

For the addresses and opening hours of post offices, please call Hongkong Post's hotline (2921 2222), or visit www.hongkongpost.hk.

If demand notes have not been received, members of the public may call 2152 0111, fax 2152 0113, or visit the Rating and Valuation Department, 15/F, Cheung Sha Wan Government Offices, 303 Cheung Sha Wan Road, Kowloon.

Members of the public can also visit the department's website at www.rvd.gov.hk to obtain replacement demand notes or take a demand note for any previous quarter to any of the following post offices, where replacement demand notes can be obtained and payment can be made:

- (1) General Post Office, 2 Connaught Place, Central, Hong Kong;
- (2) Gloucester Road Post Office, 1/F, Revenue Tower, 5 Gloucester Road, Wan Chai, Hong Kong;
- (3) Kowloon Central Post Office, G/F, Kowloon Government Offices, 405 Nathan Road, Yau Ma Tei, Kowloon;
- (4) Tsim Sha Tsui Post Office, G/F and 1/F, Hermes House, 10 Middle Road, Tsim Sha Tsui, Kowloon.

A surcharge of 5 per cent will be imposed for late payment and a further surcharge of 10 per cent will be levied on the amount (including the 5 per cent surcharge) that remains unpaid six months after the payment deadline.

To support environmental protection, payers are advised to utilise the free eRVD Bill service to receive e-bills and make payments. They are also encouraged to settle bills by autopay or other means of e-payment (e.g. PPS, ATM, the Internet or e-Cheque/e-Cashier Order) in order to save queuing time. Application forms for autopay are obtainable from the Rating and Valuation Department, District Offices and major banks in Hong Kong or by telephoning 2152 0111. Payers may also download the form from the department's website.