

# 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 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.

---

## **Justices of the Peace appointments**

The Government published this year's appointments of Justices of the Peace (JPs) in the Government Gazette today (July 1).

A total of 78 persons have been appointed, including 41 JPs appointed under section 3(1)(b) of the Justices of the Peace Ordinance (Chapter 510) (commonly referred to as "Non-official JPs") and 37 JPs appointed under section 3(1)(a) of the same ordinance (commonly referred to as "Official JPs").

The main function of JPs is to visit prisons, detention centres and other institutions to ensure their effective management and that no individual is unfairly treated or deprived of his or her rights. JPs will ensure that complaints lodged by individuals are handled in a fair and transparent manner.

The name list of JPs appointed under section 3(1)(b) and section 3(1)(a) of the Justices of the Peace Ordinance is provided in the Appendix.

---

## **2018 Honours List**

The 2018 Honours List is published in the Government Gazette today (July 1). This is the 21st full Honours List since 1997.

The Chief Executive has awarded a total of 282 persons in this year's Honours List, including:

| Award                                                                      | Number |
|----------------------------------------------------------------------------|--------|
| (a) Grand Bauhinia Medal (GBM)                                             | 4      |
| (b) Gold Bauhinia Star (GBS)                                               | 10     |
| (c) Silver Bauhinia Star (SBS)                                             | 20     |
| (d) Medal for Bravery (Silver) (MBS)                                       | 4      |
| (e) Distinguished Service Medals for the disciplined services and the ICAC | 12     |
| (f) Bronze Bauhinia Star (BBS)                                             | 40     |
| (g) Medal for Bravery (Bronze) (MBB)                                       | 9      |
| (h) Meritorious Service Medals for the disciplined services and the ICAC   | 46     |
| (i) Medal of Honour (MH)                                                   | 60     |
| (j) Chief Executive's Commendation for Community Service                   | 53     |
| (k) Chief Executive's Commendation for Government/Public Service           | 24     |
|                                                                            | —      |
|                                                                            | 282    |

The Honours recipients are from different walks of life. They are given an honour or award in recognition of their significant contributions to Hong Kong or for their dedicated public and community service.

The presentation ceremony for the awards will be held on October 27, 2018.

The citations of the award recipients of the 2018 Honours List are provided in the Appendix.