

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 (May 17) 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 sun shade 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.

List of environmental impact assessments in first quarter 2018 released

The Environmental Protection Department (EPD) today (May 17) released a list of completed and newly commenced statutory environmental impact assessments (EIAs) and non-statutory environmental studies for major development projects between January 1 and March 31, 2018.

Updated information related to the EIA Ordinance is available on the EIA Ordinance website at www.epd.gov.hk/eia.

Completed statutory EIAs and non-statutory environmental studies in the first quarter of 2018 include:

A. Statutory EIAs:

Nil

B. Non-statutory Environmental Studies:

Nil

Newly commenced statutory EIAs and non-statutory environmental studies include:

A. Statutory EIAs:

1. Yuen Long Barrage Scheme (EIA Study Brief no.ESB-307/2018)
(Drainage Services Department)
2. Pier Improvement at Tung Ping Chau (EIA Study Brief no.ESB-306/2017)
(Civil Engineering and Development Department)
3. Pier Improvement at Lai Chi Wo (EIA Study Brief no.ESB-305/2017)

(Civil Engineering and Development Department)

B. Non-statutory Environmental Studies:
Nil

Rural By-election to be held on Sunday

The Home Affairs Department appeals to registered electors of the Kat Hing Street Resident Representative Election to exercise their right to vote in the Rural By-election to be held this Sunday (May 20).

Seven Rural Representative vacancies are open in the by-election and seven valid nominations were received during the nomination period. There are two candidates running for a Resident Representative post of Kat Hing Street of the Tai O Rural Committee. Polling will be held for the village.

Five candidates were returned uncontested to be the Indigenous Inhabitant Representatives of Pui O Lo Uk Tsuen and San Tin and Resident Representatives of Au Ha, Tsung Pak Long and Tung Lo Wan.

No valid nomination was received for the Resident Representative vacancy of Main Street (East).

The list of valid nominations is as follows:

Village	Name
Indigenous Inhabitant Representatives:	
Pui O Lo Uk Tsuen	Tse Chun-on (uncontested)
San Tin	Lau Sze-chun (uncontested)
Resident Representatives:	
Au Ha	Ngai Ching-ying (uncontested)
Tsung Pak Long	Lau Kun-wai (uncontested)
Tung Lo Wan	Yau Kwai-wing (uncontested)
Kat Hing Street*	Chiu Sin-fai
	Kwok Kam-ying

(*Polling required)

Polling will be held from noon to 7pm on May 20. Electors are required to bring the original of their identity documents to the designated polling station as specified in the polling notice.

There will be arrangements to enable remanded persons and detainees who are registered electors of the villages to cast their votes in the by-election.

Arrangements will be made for electors who are remanded or detained by law enforcement agencies (other than the Correctional Services Department) to cast their votes at the dedicated polling station located on G/F, Mei Tin Community Hall, 9 Mei Mun Lane, Tai Wai, Sha Tin, New Territories. The polling hours are from noon to 7pm.

If necessary, reserved dedicated polling stations will also be set up in the 21 penal institutions for electors under the custody of the Correctional Services Department to cast their votes from 1pm to 4pm.

For further information, please visit the Rural Representative Election website, www.had.gov.hk/rre, or call 2152 1521.