

# 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 30) 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.

"Children, the elderly, the obese and those with chronic illnesses, such as heart disease or high blood pressure, are more vulnerable to heat stroke. 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 can place additional demands on the physique;
- Perform outdoor activities in the morning or the late afternoon;
- For indoor activities, open all windows, use a fan or use air-conditioning to maintain good ventilation;
- Do not stay inside a parked vehicle; and
- Reschedule work to cooler times of the day. If working in a hot environment is inevitable, introduce shade in the workplace where practicable. Start work slowly and pick up the pace gradually. Move to 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 is high (6 or above):

- Minimise direct exposure of the skin and the eyes to sunlight;
- Wear long-sleeved and loose-fitting clothes;
- Wear a wide-brimmed 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, sweating or towelling off; 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 obtain more information from the DH's Health Education Infoline (2833 0111), [heat stroke](#) page and [UV radiation](#) page; the HKO's Dial-a-Weather (1878 200), latest [weather report 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.

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## [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.

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## [Yellow fire danger warning](#)

Attention duty announcers, radio and TV stations:

Yellow fire danger warning

The fire danger situation today (September 30) is yellow and the risk of

fire is high. People are urged to prevent fires breaking out and hikers should also be vigilant.

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## [SCST congratulates Hong Kong, China Delegation on winning four more medals in Asian Games](#)

The Secretary for Culture, Sports and Tourism, Mr Kevin Yeung, today (September 29) congratulated the Hong Kong, China Delegation on winning four more medals at the 19th Asian Games Hangzhou (Asian Games).

Mr Yeung said, "The Hong Kong, China team continued to claim triumph at the Asian Games. We applaud for them."

The Hong Kong, China Delegation has so far won 36 medals, namely five golds, 13 silvers and 18 bronzes, at this Asian Games. The list of medals won today are as follows:

Silver medal

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Track cycling: Women's Omnium  
Lee Sze-wing

Bronze medal

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Fencing: Men's Épée Team  
Fong Hoi-sun, Ho Wai-hang, Ng Ho-tin, Lau Ho-fung

Squash: Men's Team  
Lau Tsz-kwan, Henry Leung, Tang Ming-hong, Wong Chi-him

Swimming: Women's 4x100m Medley Relay  
Siobhan Bernadette Haughey, Stephanie Au, Natalie Kan, Tam Hoi-lam

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## [Appeal for information on missing man](#)

## in Wong Tai Sin (with photo)

Police today (September 29) appealed to the public for information on a man who went missing in Wong Tai Sin.

Wong Shing-kwan, aged 48, went missing after he was last seen in Lower Wong Tai Sin Estate on May 14. His family made a report to Police on September 25.

He is about 1.65 metres tall, 60 kilograms in weight and of thin build. He has a pointed face with yellow complexion and short black hair. He was last seen wearing a pair of black-rimmed glasses.

Anyone who knows the whereabouts of the missing man or may have seen him is urged to contact the Regional Missing Persons Unit of Kowloon East on 3661 0331 or email to [rmpu-ke-2@police.gov.hk](mailto:rmpu-ke-2@police.gov.hk), or contact any police station.

