

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 3) 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 can 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. 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 toweling 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 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, providing mechanical aids to reduce physical exertion of employees and providing for employees as far as practicable covered space with good ventilation for rest and meals. 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 rest in a cool or shady place and drink water immediately. They should also inform their supervisors to take appropriate action.

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.

Waste at community testing centres is not clinical waste

In response to media enquiries, a Government spokesman said today (September 2) that, according to the views of the experts of the Centre for Health Protection (CHP) of the Department of Health, from the risk management perspective, waste at the community testing centres is not clinical waste, it is no different from household waste.

The spokesman said the Government will continue to remind supervisors of the community testing centres and cleansing service contractors to collect and handle waste of the centres in accordance with the guidelines of the CHP, including:

- Waste must be properly packed in a plastic garbage bag;
- The packed waste should be temporarily placed at a designated waste collection area inside community testing centres;
- The designated waste collection area should be disinfected with 1:49 diluted bleach;
- Cleansing service contractors will each day transport waste to refuse transfer stations by dedicated vehicles.

The Government will ensure that waste at the community testing centres be handled properly so as to safeguard the health and safety of members of the public.

Statistics of Universal Community Testing Programme

From 8am to 8pm today (September 2), a total of about 152 000 persons registered at the community testing centres around the territory for specimen collection for COVID-19 testing under the Universal Community Testing Programme (UCTP). A total of about 278 000 persons have registered at the centres for testing since the launch of the UCTP on September 1.

As at 8pm of September 2, 49 000 specimens collected under the UCTP had been tested. Specimens tested with positive COVID-19 result will be referred to the Public Health Laboratory Services Branch of the Department of Health for confirmatory tests. Confirmed cases will be followed up and announced by the Centre for Health Protection.

As at 8pm today, a total of about 798 000 persons had made appointments since August 29 when the online booking system opened.

So far there have been 122 cases of one's personal data being used by others for online booking under the UCTP. After examination, 68 of the cases were found to involve suspected fraudulent use of others' personal data for booking and they have been referred to the Police.

A spokesman for the Government said that the UCTP aims to identify asymptomatic COVID-19 patients in the community as early as possible for early treatment and thereby stop further infections with the disease.

"We urge all citizens to participate in the testing programme, for the sake of themselves as well as that of other people, and work together to cut the virus transmission chain, so as to facilitate gradual resumption of our normal daily lives and economic activities," the spokesman said.