

HAD to open temporary night heat shelters

The Home Affairs Department will open 19 temporary night heat shelters tonight (August 16) for people in need of the service.

The shelters will be open from 10.30pm until 8am tomorrow.

For further information, please call the department's hotline before midnight on 2572 8427.

The 19 night heat shelters are located at:

Hong Kong Districts:

Central and Western –

Sai Ying Pun Community Complex Community Hall
3/F, Sai Ying Pun Community Complex,
2 High Street, Sai Ying Pun

Eastern –

Causeway Bay Community Centre
3/F, 7 Fook Yum Road, Causeway Bay

Southern –

Lei Tung Community Hall
Lei Tung Estate, Ap Lei Chau

Wan Chai –

Wan Chai Activities Centre
LG/F, Wan Chai Market, 258 Queen's Road East, Wan Chai

Kowloon Districts:

Kowloon City –

Hung Hom Community Hall
1/F, Kowloon City Government Offices,
42 Bailey Street, Hung Hom

Kwun Tong –

Lam Tin (West) Estate Community Centre
71 Kai Tin Road, Lam Tin

Sham Shui Po –

Shek Kip Mei Community Hall
G/F, Block 42, Shek Kip Mei Estate, Sham Shui Po

Wong Tai Sin –

Tsz Wan Shan (South) Estate Community Centre
45 Wan Wah Street, Tsz Wan Shan

Yau Tsim Mong –
Henry G Leong Yaumatei Community Centre
60 Public Square Street, Yau Ma Tei

New Territories Districts:

Islands –
Tung Chung Community Hall
G/F, Tung Chung Municipal Services Building,
39 Man Tung Road, Tung Chung

Kwai Tsing –
Kwai Shing Community Hall
Podium, Block 6, Kwai Shing West Estate, Kwai Chung

North –
Cheung Wah Community Hall
Cheung Wah Estate, Fanling

Sai Kung –
Hang Hau Community Hall
G/F, Sai Kung Tseung Kwan O Government Complex,
38 Pui Shing Road, Hang Hau, Tseung Kwan O

Sha Tin –
Hin Keng Neighbourhood Community Centre
5 Hin Wo Lane, Sha Tin

Tai Po –
Tai Po Community Centre
2 Heung Sze Wui Street, Tai Po

Tsuen Wan –
Shek Wai Kok Community Hall
Shek Wai Kok Estate, Tsuen Wan

Tuen Mun –
Wu Shan Road Community Hall
101 Wu Shan Road, Tuen Mun

Yuen Long –
Long Ping Community Hall
Long Ping Estate, Yuen Long

Yuen Long –
Tin Yiu Community Centre
Tin Yiu Estate, Tin Shui Wai

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 (August 16) 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.

Mascot design competition under the Positive Parent Campaign opens for enrolment

The Education Bureau (EDB) is holding the "Mascot Design Challenges: Positive Parents – Hearts United with Children" to encourage participants to unleash their creativity and design an original mascot that can act as the ambassador of the Positive Parent Campaign. Interested persons are invited to submit entries on or before August 28.

A spokesman for the EDB said, "To help parents and children further understand how to co-create a mascot, the EDB has set up mascot design online classes on EDB's Smart Parent Net Website (www.parent.edu.hk/en/home) so as to help parents and their children find inspiration for creative ideas. A professional illustrator will introduce different design concepts to parents in the videos, so that parents can use special yet simple methods to unleash their children's creativity during the parent-child mascot design process. The design ideas include tracing the outline of a palm to create animal-shaped mascots and encouraging parents and children to act as detectives and search for inspiration through their daily life."

The spokesman said, "The competition is one of the key promotion activities under the Positive Parent Campaign to promote the proper ways and attitudes of raising children. It also aims to enhance a positive mindset

among parents in nurturing their children, and gradually change the present culture of excessive competition among some of the parents, with a view to helping their children learn effectively and grow happily."

The spokesman added that the competition is divided into four categories, namely kindergarten, primary, secondary and open. Members of the public, students, or parents and their children are welcome to take part in the competition via the event website

(www.parent.edu.hk/en/home/positiveparent) on or before August 28. The panel of adjudicators will select a champion, a first runner-up, a second runner-up, five distinguished prize winners and ten meritorious prize winners for each category. Winners will be awarded a certificate of commendation and a gift voucher.

For updated information on the activities of the Positive Parent Campaign, please visit the EDB's Smart Parent Net Website.