

# 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 7) 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.

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## 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.

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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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## Measures for strengthening health management and service assurance imposed by Shenzhen Municipal Government on cross-boundary goods vehicle drivers

The Transport Department (TD) said on August 6 that in response to the developments of COVID-19, the governments of Guangdong Province and Hong Kong have implemented anti-epidemic measures under the cooperation mechanism on joint prevention and control of COVID-19, and has also been in close liaison with the cross-boundary goods vehicle trade and would reflect to the Mainland authorities the possible operational difficulties of the trade and inform the trade timely on the arrangements of new measures, in order to balance the need of prevention and control of the epidemic and to ensure the stable supply of food and other commodities to Hong Kong.

As informed by the Office of Port of Entry and Exit of the Shenzhen Municipal Government, health management and service assurance measures for cross-boundary goods vehicle drivers will be strengthened at various land boundary control points in Shenzhen from 6am tomorrow (August 8). Details are as follows:

1) Before entering Shenzhen, cross-boundary goods vehicle drivers should declare accurately the relevant detailed information on their transport operations through the WeChat mobile app "ç²µçä¸" (choose "Guangdong-Hong Kong-Macao clearance" under "Yuekang Code", and then choose "Inbound declaration by cross-boundary goods vehicle drivers"). After entering Shenzhen, the driver will receive a reminder through SMS to his declared mobile phone number. Goods vehicles after crossing the boundary must proceed to designated venues according to directions made by relevant departments for free installation of Global Positioning System and electronic toll collection devices.

2) Cross-boundary goods vehicle drivers must present proof of a negative result of a nucleic acid test conducted within 72 hours and cross the boundary after declaring information on their transport operations. Drivers must follow the declared driving routes from the control points to the destinations for carrying out point-to-point transportation. These drivers must return to Hong Kong immediately after loading/unloading operations. While staying in Shenzhen, drivers must wear a face mask at all times. They must not alight from their vehicles or have direct contacts with the locals or stay overnight in Shenzhen unless exceptional circumstances.

3) Cross-boundary goods vehicle drivers should only operate within the nine cities in the Guangdong-Hong Kong-Macao Greater Bay Area, and should return to Hong Kong on the same day or on completion of their driving duties except under special need and must not visit other cities in the Mainland. If the destination is within Shenzhen, drivers should immediately return to Hong Kong after completing their operation. When the destinations are Guangzhou, Zhuhai, Foshan, Huizhou, Dongguan, Zhongshan, Jiangmen and Zhaoqing in the Greater Bay Area, drivers must not deviate from their declared routes when passing through Shenzhen. When the destinations are other cities of Guangdong Province or cities outside Guangdong Province, drivers must return to Hong Kong after loading goods or detaching trailer in the nine cities in the Greater Bay Area.

4) Cross-boundary goods vehicle drivers should follow the guidelines on site to use the service facilities at the following venues: service areas on expressways, tolling points, petrol stations, logistics park areas, check points, maintenance depots, car parks and other goods transshipment points along the operation routes.

5) It is imperative to assure the supply of fresh agricultural product to Hong Kong. Driver shift changing in the vicinity of Wenjindu Port shall be conducted at designated places. The cross-boundary drivers shall be staying at designated rest place or hostel to wait for loaded vehicles on return to Hong Kong. For cross-boundary goods vehicles and drivers adopting other operation modes such as onboard escort by cross-boundary drivers, prior approval should be sought from the relevant Mainland authorities.

6) For cross-boundary goods vehicle drivers who have a place of permanent residence in Shenzhen, the Shenzhen government will provide designated accommodation for them, subsidise part of their food and accommodation expenses, provide them with fee-paying parking spaces and

transport shuttle services for implementing closed management. For cross-boundary goods vehicle drivers with their place of permanent residence in Hong Kong who cannot return to Hong Kong in time under special circumstances, they may stay at their own costs in hostels specified by the Shenzhen government after verification and are not allowed to stay in self-arranged accommodation in Shenzhen. Shenzhen government supports the cross-boundary transportation companies and cargo consignors to provide dormitory which can meet closed management standard for cross-boundary goods vehicle drivers. Cross-boundary goods vehicle drivers may apply to withdraw from the exemption list of compulsory quarantine for cross-boundary goods vehicle drivers. Upon approval, they will not be subject to accommodation restriction measures on cross-boundary goods vehicle drivers. They are required to undergo local isolation at a designated place for medical surveillance if they have crossed the boundary within 14 days.

7) A cross-boundary driver will not be eligible for exemption from the quarantine requirement on entering the Mainland temporarily or will be removed from the exemption list by the Shenzhen Municipal Government if the following situations occur in the course of performance of the transportation duties:

(i) travelling between Hong Kong and Shenzhen repeatedly without goods on board and with no sound and appropriate reasons during the prevention and control of COVID-19;

(ii) not travelling on the declared route with no sound and appropriate reasons;

(iii) having direct interaction with other people, entering public places or staying in self-arranged accommodation overnight with no sound and appropriate reasons;

(iv) refusing to leave the Mainland after completing their driving duties with no sound and appropriate reasons;

(v) declaring false information on their driving duties or submitting fake nucleic acid test result(s);

(vi) receiving administrative penalties by the customs and immigration inspection of the Mainland for seriously contravening health quarantine, arrival and departure clearance or anti-smuggling regulations when crossing the boundary control points;

(vii) receiving administrative penalties by the Mainland security, transport or market regulation departments for seriously contravening relevant management requirements when performing duties in the Mainland;

(viii) residing in a Hong Kong building reported as having a confirmed COVID-19 case in the past 14 days or having had contact with an infected person within 14 days prior to entering the Mainland; and

(ix) behaving not in accordance with other requirements and measures for prevention and control of COVID-19 imposed by Guangdong Province and Shenzhen City.

The TD appeals to the trade to pay attention to the latest announcements by the two governments and to follow the relevant arrangements.

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## Driver and worker employed by subcontractor of EPD test positive and preliminarily positive for COVID-19 respectively

â€‹The Environmental Protection Department (EPD) said today (August 6), a driver employed by a subcontractor of the South East New Territories (SENT) Landfill Extension site has tested positive for coronavirus disease 2019 (COVID-19), while another worker of the same subcontractor has been notified of preliminary positive test result.

The subcontractor is responsible for the construction of the retaining wall in the site and is not involved in the operation of the SENT landfill, which only receives construction waste. After the driver's test result reported positive for the virus on July 31, the subcontractor had stopped the construction works on the next day (August 1), and arranged all workers to retreat from the site and undergo test for the virus. So far one of the workers, who was believed to have close contact with the driver, had tested preliminarily positive for the virus. All staff, including the driver and the worker, are required to measure body temperature and wear masks before entering the site.

The subcontractor's working area in the site has been thoroughly cleaned and sterilised to ensure environmental hygiene. The department will continue to maintain close liaison with the Centre for Health Protection. Staff have been reminded to pay attention to personal hygiene and protective equipment, and to stay vigilant. They should seek medical advice as soon as possible if feeling unwell.