

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 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 rest in a cool or shady place and drink water immediately. They should also inform their supervisors to take appropriate actions.

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.

Tung Chau Street Park Squash Centre and tennis courts temporarily closed

A spokesman for the Leisure and Cultural Services Department said today (July 12) that a staff working at Tung Chau Street Park Squash Centre in Sham Shui Po was tested positive for coronavirus disease 2019 (COVID-19) virus. In consideration of public health and hygiene, Tung Chau Street Park Squash Centre and the adjacent tennis courts are closed immediately for thorough cleansing and disinfection until further notice.

The affected facilities include squash-cum-table-tennis-cum-multi-purpose activity rooms, squash-cum-table-tennis rooms, a multi-purpose activity room, Leisure Link service counter, changing rooms and toilets, and tennis courts. The public may use other similar facilities in the same district during the closure period.

CHP investigates 28 additional confirmed cases of COVID-19

The Centre for Health Protection (CHP) of the Department of Health has announced that as of 4pm today (July 11), the CHP was investigating 28 additional confirmed cases of coronavirus disease 2019 (COVID-19), taking the number of cases to 1 432 in Hong Kong so far (comprising 1 431 confirmed cases and one probable case).

The newly reported cases announced today involve 12 males and 16 females aged between three and 85 years. Among them, 12 had a travel history during the incubation period.

For the local cases announced today, the CHP will distribute deep throat saliva specimen bottles to residents of buildings where the patients live, as well as to those whom they might have had contact with during the infectious period. People are also urged to seek medical attention early if symptoms develop.

The CHP's epidemiological investigations and relevant contact tracing on the confirmed cases are ongoing. For case details and contact tracing information, please see the Annex.

The CHP again urged members of the public to maintain an appropriate social distance with other people as far as possible in their daily lives to minimise the risk of infection. In particular, they should go out less and

avoid social activities such as meal gatherings or other gatherings to reduce the chance of contacting infected persons who may not present any symptoms, and minimise the risk of outbreak clusters emerging in the community.

A spokesman for the CHP said, "Given that the situation of COVID-19 infection remains severe and that there is a continuous increase in the number of cases reported around the world, members of the public are strongly urged to avoid all non-essential travel outside Hong Kong.

"The CHP also strongly urges the public to maintain at all times strict personal and environmental hygiene, which is key to personal protection against infection and prevention of the spread of the disease in the community. On a personal level, members of the public should wear a surgical mask when having respiratory symptoms, taking public transport or staying in crowded places. They should also perform hand hygiene frequently, especially before touching the mouth, nose or eyes.

"As for household environmental hygiene, members of the public are advised to maintain drainage pipes properly, regularly pour water into drain outlets (U-traps) and cover all floor drain outlets when they are not in use. After using the toilet, they should put the toilet lid down before flushing to avoid spreading germs."

Moreover, the Government has launched the website "COVID-19 Thematic Website" (www.coronavirus.gov.hk) for announcing the latest updates on various news on COVID-19 infection and health advice to help the public understand the latest updates. Members of the public may also gain access to information via the COVID-19 WhatsApp Helpline launched by the Office of the Government Chief Information Officer. Simply by saving 9617 1823 in their phone contacts or clicking the link wa.me/85296171823?text=hi, they will be able to obtain information on COVID-19 as well as the "StayHomeSafe" mobile app and wristband via WhatsApp.

To prevent pneumonia and respiratory tract infection, members of the public should always maintain good personal and environmental hygiene. They are advised to:

- Wear a surgical mask when taking public transport or staying in crowded places. It is important to wear a mask properly, including performing hand hygiene before wearing and after removing a mask;
- Perform hand hygiene frequently, especially before touching the mouth, nose or eyes, after touching public installations such as handrails or doorknobs, or when hands are contaminated by respiratory secretions after coughing or sneezing;
- Maintain drainage pipes properly and regularly (about once a week) pour about half a litre of water into each drain outlet (U-trap) to ensure environmental hygiene;
- Cover all floor drain outlets when they are not in use;
- After using the toilet, put the toilet lid down before flushing to avoid spreading germs;
- Wash hands with liquid soap and water, and rub for at least 20 seconds.

Then rinse with water and dry with a disposable paper towel. If hand washing facilities are not available, or when hands are not visibly soiled, performing hand hygiene with 70 to 80 per cent alcohol-based handrub is an effective alternative;

- Cover your mouth and nose with tissue paper when sneezing or coughing.

Dispose of soiled tissues into a lidded rubbish bin, then wash hands thoroughly; and

- When having respiratory symptoms, wear a surgical mask, refrain from work or attending class at school, avoid going to crowded places and seek medical advice promptly.

“Shall We Talk” initiative launches to promote mental health (with photo)

Jointly organised by the Advisory Committee on Mental Health and the Department of Health (DH), the "Shall We Talk" initiative was officially launched today (July 11) with an aim to promote mental health and eliminate stigmatisation towards persons with mental health needs, in order to build a mental health friendly community.

The slogan of the initiative is "Let's take care of our mental health", which encourages the public to communicate and share with people around them. Famous singer Mr Eason Chan has been appointed as the initiative's ambassador, and his rearranged version of classic Canto-pop song "Shall We Talk" has been chosen as the theme song of the initiative to arouse public attention to mental well-being. Eason is dedicated to promoting mental health in the community and sending positive message to the public by also engaging in the production of videos as well as other publicity and educational materials.

Sustaining the efforts of "Joyful@HK" campaign, a territory-wide mental health promotion and publicity campaign launched by the DH from 2016 to 2018, the "Shall We Talk" initiative wishes to increase public engagement in promoting mental well-being, enhance public knowledge about mental health with a view to encouraging help-seeking and early intervention and reduce stigma towards people with mental illness.

Following the official launch of the initiative today, a series of promotional activities will be rolled out to deliver mental health messages to people from different age groups including the youths, adults and elderly. Among them is a brand new, one-stop dedicated website (shallwetalk.hk) with abundant information such as mental well-being, common mental health problems, treatment, getting help, community support, activities and story sharing etc. There are also rich mental health related resources concerning schools and workplace.

The initiative's fanpages of Facebook (facebook.com/shallwetalkhk20) and Instagram (instagram.com/shallwetalkhk20) have been launched. The public are welcome to "like" / "follow" and share the fanpages in order to receive the latest information.

Moreover, the Announcement in the Public Interest (APIs) of the initiative and the sharing videos of Mr Eason Chan have also been uploaded to the initiative's dedicated website, fanpages of Facebook and Instagram, as well as the Centre for Health Protection's YouTube channel (youtube.com/c/ChpGovHkChannel). The APIs were also premiered in various TV and radio channels today.



陪我講
Shall We Talk

陪我一直正視情緒健康
Let's take care of our mental health
[Shallwetalk.hk](https://shallwetalk.hk)



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