

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 (June 11) 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 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.

URBTIX outlets at Tom Lee Tsim Sha Tsui Branch and Wan Chai Branch to cease operation from July 1

The URBTIX outlets at Tom Lee Tsim Sha Tsui Branch (1-9 Cameron Lane, Tsim Sha Tsui) and Tom Lee Wan Chai Branch (1/F, City Centre Building, 144-149 Gloucester Road, Wan Chai) will cease operation from July 1 (Wednesday), while the ticket dispensing machines installed at these branches will remain in service for patrons to collect tickets purchased through URBTIX online, mobile app and telephone bookings, a Leisure and Cultural Services Department spokesman announced today (June 11).

Patrons can purchase tickets at other URBTIX outlets. For details of the locations and opening hours, please visit www.lcsd.gov.hk/en/ticket/counter.html.

Tickets can also be purchased via the website www.urbtix.hk and the mobile ticketing app My URBTIX (Android and iPhone versions) throughout the day, and through the credit card telephone booking hotline 2111 5999 from 10am to 8pm daily.

Wounding case in Wong Tai Sin reclassified as murder

Police yesterday (June 10) reclassified a wounding case in Wong Tai Sin on June 9 as murder.

At around 1.45pm on June 9, Police received a report that a man was attacked by another man with a fruit knife in Wah Yuen House of Chuk Yuen South Estate, Wong Tai Sin.

Police officers sped to the scene and found the 53-year-old man sustaining multiple injuries. He was rushed to Queen Elizabeth Hospital in unconscious state for treatment. After initial investigation, Police arrested a 56-year-old man for wounding at the scene.

The 53-year-old man was certified dead at 11.47pm on June 9.

Upon further investigation, Police reclassified the case as murder. Police seized a fruit knife, in suspected connection with the case, at scene. Police laid a holding charge against the 56-year-old man with one count of murder. The case will be mentioned at Kowloon City Magistrates' Courts today (June 11).

Post-mortem examinations will be conducted later to ascertain the cause of death of the deceased.

Active investigation by the District Crime Squad of Wong Tai Sin is underway. Anyone who witnessed the case or has any information to offer is urged to contact the investigating officers on 3661 6165 or 3661 1632.