

Flag-raising ceremony cancelled

Owing to the thunderstorm warning, the flag-raising ceremony to be conducted at Golden Bauhinia Square, Wan Chai at 8am today (August 23) will be cancelled.

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.

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.

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 23) 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 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, and start work slowly and pick up the pace gradually. Get into 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 remains high (6 or above):

- Minimise direct exposure of the skin and the eyes to sunlight;
- Wear loose long-sleeved clothing made of close-woven fabrics;
- Wear a wide brim 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 or sweating; 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 get more information from the DH's Health Education Hotline (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.

[Hong Kong Customs seizes suspected dangerous drugs \(with photos\)](#)

Hong Kong Customs seized a batch of suspected dangerous drugs including about 5 kilograms of products suspected of containing tetrahydro-cannabinol (THC), about 2.7 kilograms of suspected cocaine and about 180 grams of suspected crack cocaine with an estimated market value of about \$4 million in total at Hong Kong International Airport, Central, North Point and Yuen Long from August 18 to today (August 22).

Customs officers inspected two air express parcels arriving in Hong Kong from the United States on August 18 and found about 500 grams of solution suspected of containing THC and 4.1 kilograms of candy suspected of containing THC. After follow-up investigation, Customs officers arrested a 37-year-old man and a 35-year-old man suspected to be in connection with the case in Central on August 20 and yesterday (August 21) respectively. Customs officers escorted one of the arrested men to a residential premises in North Point and further seized about 400 grams of candy suspected of containing THC. The arrested men have been released on bail pending further

investigation.

Also, two male passengers, aged 48 and 38, arrived in Hong Kong from Addis Ababa, Ethiopia and were in transit to Macau on August 20 and yesterday respectively. Both passengers were found to be suspicious upon customs clearance and were escorted to hospital for examination. They were suspected to have dangerous drugs concealed inside their body cavities. Subsequently, the two men discharged about 1.6 kilograms of suspected cocaine in total and were arrested. The 48 year-old arrested man has been charged with one count of trafficking in a dangerous drug. He will appear at West Kowloon Magistrates' Courts tomorrow (August 23).

Another 25-year-old man were intercepted by Customs officers in Yuen Long this morning and about 1.1 kilogram of suspected cocaine were found inside a paper bag carried by him. Subsequently, the arrested man was escorted to a residential premises in the vicinity where about 180 grams of suspected crack cocaine as well as a batch of drug manufacturing and packaging paraphernalia were further seized. Investigation is ongoing.

Customs will maintain close contact with Hongkong Post and the logistics industries to step up action against drug trafficking through postal parcel or express courier channels.

Under the Dangerous Drugs Ordinance, trafficking in a dangerous drug is a serious offence. The maximum penalty upon conviction is a fine of \$5 million and life imprisonment.

Customs also reminds that cannabis and THC are classified as dangerous drugs under the Ordinance. Importation of products (including food and drinks) containing cannabis or THC into Hong Kong is prohibited unless the relevant provisions in the Ordinance are complied with. In order to avoid breaching the law inadvertently, special attention should be paid to the packaging labels of food and drinks.

Member of the public may report any suspected drug trafficking activities to Customs' 24-hour hotline 2545 6182 or its dedicated crime-reporting email account (crimereport@customs.gov.hk).



