

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 21) 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.

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.

Lifesaving services suspended at Golden Beach

Attention TV/radio announcers:

Please broadcast the following as soon as possible and repeat it at regular intervals:

The Leisure and Cultural Services Department announced today (August 21) that due to an insufficient number of lifeguards on duty, the lifesaving services at Golden Beach in Tuen Mun District are suspended until further notice.

First aid service will be maintained at the beach.

Hong Kong Customs seizes suspected duty-not-paid water pipe tobacco (with photo)

â€‹Hong Kong Customs yesterday (August 20) seized about 2 400 kilograms of suspected duty-not-paid water pipe tobacco with an estimated market value of about \$6.4 million and a duty potential of about \$5.5 million at Hong Kong International Airport.

Through risk assessment, Customs officers inspected an air consignment, declared to be carrying molasses, arriving in Hong Kong from the United Arab Emirates via Singapore. Upon inspection, Customs officers found the batch of suspected duty-not-paid water pipe tobacco in 100 carton boxes.

An investigation is ongoing.

Smuggling is a serious offence. Under the Import and Export Ordinance, any person found guilty of importing or exporting unmanifested cargo is liable to a maximum fine of \$2 million and imprisonment for seven years.

Under the Dutiable Commodities Ordinance, anyone involved in dealing with, possession of, selling or buying duty-not-paid tobacco commits an offence. The maximum penalty upon conviction is a fine of \$1 million and imprisonment for two years.

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



Students on CSSA to get one-off grant

The Social Welfare Department (SWD) will make a one-off grant to students who are receiving Comprehensive Social Security Assistance (CSSA) starting from this Friday (August 23).

A spokesman for the SWD said today (August 21) that the arrangement was one of a series of relief measures announced by the Financial Secretary in the 2019-20 Budget on February 27 this year. Students from child care centres, kindergartens, and primary and secondary schools who are eligible for a flat-rate grant for selected items of school-related expenses under the CSSA Scheme in the 2019/20 school year will each be provided a one-off grant of \$2,500.

The grant will be paid through the existing CSSA payment method, i.e. through autopay to the designated bank accounts in general. Recipients are not required to make an application.

For enquiries, recipients may call the SWD hotline at 2343 2255 or contact the respective Social Security Field Unit.