

# 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 (July 19) 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.

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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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## **Red flags hoisted at some beaches**

Attention TV/radio announcers:

Please broadcast the following as soon as possible:

Here is an item of interest to swimmers.

The Leisure and Cultural Services Department announced today (July 19) that due to big waves, red flags have been hoisted at Shek O Beach and Big Wave Bay Beach in Southern District, Hong Kong Island; Clear Water Bay First Beach and Clear Water Bay Second Beach in Sai Kung District. Beach-goers are advised not to swim at these beaches.

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## Immigration Department clarifies rumours on remote access of chip data of new smart identity cards

â€‹â€‹ Regarding the recent rumours relating to remote access of chip data of new smart identity cards, the Immigration Department (ImmD) yesterday (July 18) issued the following clarification:

â€‹â€‹ The ImmD reiterated that the new smart identity card has adopted multi-level safeguards to ensure comprehensive protection of the privacy of personal data stored in the chip of the identity card, and the identity verification process is absolutely secure and accurate.

â€‹â€‹ Under the Next Generation Smart Identity Card System (SMARTICS-2), only authorised optical card readers are able to read the personal data from the chip of new smart identity cards. Readers are not possible to access the chip data if they are not authorised with certificate and equipped with the specific algorithm, no matter how sophisticated they are.

â€‹â€‹ Moreover, access to chip data must be initiated by the cardholder through taking out his/her smart identity card and placing it onto an authorised optical card reader. The reading process is conducted with the combination of optical card reader and wireless transmission technology. Before communication and data reading, the identity of the chip and the optical card reader must be defined and mutually authenticated. All communication and data transmission would be encrypted throughout the whole process. The chip in the new smart identity card is a passive type which means it is not powered by any standalone battery. Without power, it is not able to send out any signal by itself. During the whole communication and data transmission process, the distance between the chip and the optical card reader must be less than 2 cm. As such, if the cardholder does not take out the new smart identity card, it is impossible for others to remotely read the chip data of the new smart identity card without notice by the cardholder.

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At different stages of the implementation of the SMARTICS-2, the ImmD has engaged independent consultants to conduct assessments on privacy impacts and information technology security with a view to ensuring that the system

design and work flow comply with the Personal Data (Privacy) Ordinance as well as the relevant standards and guidelines laid down by the Office of the Government Chief Information Office. The assessments conducted by independent consultants have confirmed that the safeguards adopted by the new smart identity card have effectively prevented unauthorised access to personal data stored inside the chip of the smart identity card through contactless interface.

â€‹â€‹ The ImmD noted that several individual groups in the community had distributed card protectors to the public free of charge, claiming it would block radio frequency identification (RFID) to prevent unauthorised access to personal data stored in new smart identity cards. The ImmD reiterated that there is no case of unauthorised access to the new smart identity card. The relevant message is misleading and thus clarified as above.

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## [Appeal for information on missing woman in Kowloon City \(with photo\)](#)

Police today (July 18) appealed to the public for information on a woman who went missing in Kowloon City.

Yeung Chor-bing, aged 69, went missing after she left an elderly home on Waterloo Road last night (July 17). Staff of the elderly home made a report to Police on the same day.

She is about 1.5 metres tall, 45 kilograms in weight and of thin build. She has a round face with yellow complexion and grey short hair. She was last seen wearing a blue short-sleeved T-shirt, dark blue trousers and white shoes.

Anyone who knows the whereabouts of the missing woman or may have seen her is urged to contact the Regional Missing Person Unit of Kowloon West on 3661 8038 or 9020 6542 or email to [rmpu-kw@police.gov.hk](mailto:rmpu-kw@police.gov.hk), or contact any police station.

