

# 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 29) 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.

---

## **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 inform their supervisors and seek medical help immediately.

---

## **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.

---

## Regional flag day today

Three charities have been issued Public Subscription Permits to hold flag sales from 7am to 12.30pm today (June 29). They are, on Hong Kong Island, Suicide Prevention Services Limited; in Kowloon, Light and Love Home Limited; and in the New Territories, Tai Po Baptist Church, a spokesman for the Social Welfare Department (SWD) said.

Arrangements have been made with the charities to help people distinguish between the three flag-selling activities.

Information on the three flag-selling organisations on June 29 is as follows:

Region	Name of Organisation	Colour of Collection Bag	Colour of Flag
Hong Kong Island	Suicide Prevention Services Limited	Red	Red
Kowloon	Light and Love Home Limited	Blue	Blue
New Territories	Tai Po Baptist Church	Purple	Yellow

For enquiries, please call the SWD's hotline at 2343 2255, or the designated hotline of the 1823 Call Centre at 3142 2678. Information on flag days is available at the SWD's website ([www.swd.gov.hk/en/index/site\\_whatsnew](http://www.swd.gov.hk/en/index/site_whatsnew)) and the GovHK portal ([www.gov.hk/en/theme/fundraising/search](http://www.gov.hk/en/theme/fundraising/search)). Permits for flag days containing contact information of the flag-selling organisations and information on the approved flag-selling activities have also been uploaded to the SWD's website ([www.swd.gov.hk/en/index/site\\_pubsvc/page\\_controlofc/sub\\_recentlyap](http://www.swd.gov.hk/en/index/site_pubsvc/page_controlofc/sub_recentlyap)). For

enquiries about the detailed flag-selling arrangements, please contact the individual flag-selling organisations.

Details of the charitable fund-raising activities covered by the Public Subscription Permit issued by the SWD have also been uploaded to the GovHK website ([www.gov.hk/fundraising](http://www.gov.hk/fundraising)).

In the case of suspected fraudulent flag day activities, people should not make any donation and should immediately report the matter to the Police, the spokesman added.

---

## **Hong Kong Customs seizes suspected ketamine (with photos)**

â€‹Hong Kong Customs seized about 1 kilogram of suspected ketamine with an estimated market value of about \$540,000 at Hong Kong International Airport on June 20.

Customs officers inspected a postal parcel arriving in Hong Kong from Malaysia on June 20 and seized the batch of suspected ketamine inside the parcel.

After follow-up investigation, Customs officers today (June 28) arrested a 24-year-old man in Tuen Mun suspected to be in connection with the case.

The man has been charged with one count of trafficking in a dangerous drug. He will appear at West Kowloon Magistrates' Courts tomorrow (June 29).

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

Members 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](mailto:crimereport@customs.gov.hk)).

