

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 20) 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.

Toronto ET0 hosts Hong Kong Week opening ceremony and “Connect & Excel

– Past, Present & Future” photo exhibition (with photos)

The Hong Kong Economic and Trade Office (Toronto) (Toronto ETO) hosted the opening ceremony of Hong Kong Week and the "Connect & Excel – Past, Present & Future" photo exhibition at the Dr Hin-Shiu Hung Art Gallery of the Chinese Cultural Centre of Greater Toronto yesterday (June 18, Toronto time).

In delivering a welcome speech at the opening ceremony, the Director of the Toronto ETO, Ms Emily Mo, said the Hong Kong Week event under the theme "Connect and Excel" aims to promote Hong Kong's strengths, advantages and potential with an emphasis on the core values and attributes of Hong Kong, Asia's world city.

Given Hong Kong's high degree of connectivity, globally and with Mainland China and the rest of Asia, the city helps propel people and businesses to excellence in their chosen fields under a "Connect and Excel" theme. "Hong Kong's sound fundamentals not only relate to physical connectivity but also to financial, legal, scientific research and creative links as well as people-to-people connectivity," Ms Mo said.

Ms Mo also introduced the series of activities to be held in Toronto and Vancouver in the inaugural Hong Kong Week event organised by the Toronto ETO, which include the "Think Asia, Think Hong Kong 2.0" business conference to discuss how Hong Kong connects businesses between Canada and Asia, an academic seminar and a concert on how music connects Hong Kong and Canada, a Hong Kong-themed drama, dragon boat festival activities and photo exhibitions.

Entitled "Connect & Excel – Past, Present & Future", the photo exhibitions are jointly presented by the Toronto ETO and the Chinese Canadian Photographic Society of Toronto. More than 80 photos are being displayed to showcase Hong Kong's high degree of connectivity from different perspectives.

Among the photos, two newly commissioned infrastructure projects, namely the Hong Kong-Zhuhai-Macao Bridge and the Hong Kong section of the Guangzhou-Shenzhen-Hong Kong Express Rail Link, which greatly enhance the connectivity of Hong Kong to the Guangdong-Hong Kong-Macao Greater Bay Area and destinations further afield in Mainland China, are featured.

The photo exhibition also showcases the many types of transport and world-class infrastructure in Hong Kong.

Ms Mo invited guests at the opening ceremony and the Canadian public to learn more about Hong Kong's connectivity by visiting the photo exhibitions and participating in other Hong Kong Week activities.

Yesterday's opening ceremony was attended by the Consul General of the

People's Republic of China in Toronto, Mr Han Tao; Members of the Provincial Parliament of Ontario Ms Daisy Wai and Mr Billy Pang.

Before the opening ceremony came to a close, the guests were treated to a Chinese instrumental performance by four professional musicians from the Hong Kong Oratorio Society (HKOS). Led by the Music Director of the HKOS, Professor Chan Wing-wah, the HKOS will jointly stage a concert with Kindred Spirits Orchestra of Markham and the Vancouver Oratorio Society on June 22 (Toronto time).

The "Connect & Excel – Past, Present & Future" photo exhibition will run from June 15 to 30 (Toronto time) in various venues in the Greater Toronto Area and in downtown Vancouver. The dates and venues are listed below:

June 18-20	Chinese Cultural Centre of Greater Toronto
June 18-22	North York Civic Centre in Toronto
June 18-30	Richard Charles Lee Canada-Hong Kong Library of the University of Toronto
June 24-30	Sunroom & Gallery, Robson Square, University of British Columbia in Vancouver

Other activities of Hong Kong Week include:

June 18 Seminar on "Connecting Hong Kong and Canada through Music" at

the Richard Charles Lee Canada-Hong Kong Library of the University of Toronto

June 21 2019 National Conference themed "Think Asia, Think Hong Kong 2.0" at Hilton Toronto/Markham Suites Conference Centre & Spa

June 21 to 23 Concord Pacific Dragon Boat Festival in Vancouver

June 22 "Voices of the World" concert at the Richmond Hill Centre for Performing Arts

June 30 Hong Kong-themed musical performances "Try to Remember" at Michael J Fox Theatre in Vancouver





Hospital Authority further enhances patient data protection

The following is issued on behalf of the Hospital Authority:

The Hospital Authority (HA) set up a working group comprising members of the Coordinating Committee (A&E), Information Technology and Health Informatics Department and data security expert, to explore means of enhancing protection of patient data while ensuring the operation efficiency of Accident and Emergency (A&E) Departments. The working group met yesterday (June 18) to address concerns recently expressed in the community and by some healthcare staff towards safeguarding patient data privacy.

The Chiefs of Service of all A&E Departments agreed that the Accident and Emergency Information System (AEIS) is very important to clinical services in the Department. It was confirmed that all computers and the AEIS in A&E Department are for the exclusive use of public hospital staff. Given the different views of the community and healthcare staff towards access arrangement of the systems concerned, the Chiefs of Service of all A&E Department agreed to suspend the "report" and "print" in the "Disaster"

module beginning tomorrow. Staff can only access with personal password via the Clinical Management System to view or print the patient list of major incidents of AEIS.

Regarding recent media reports on a designated page for police in the system, the HA clarified that "For Police" selection in AEIS is just a printing option. There is never a designated page for police access to patient information, as being described wrongly by somebody. The HA reiterated that the AEIS is an independent system of the HA without connection to the computer system of any other organisation. No access right has been given to any government department including the police.

There were also some recent news reports on possible unintended exposure of computer screens in busy A&E Departments. The HA understands that A&E staff may need to leave their desktop computers at times to help resuscitate patients, hence will install in AEIS of all A&E Departments the automatic log-out function after idling for 15 minutes. Computers are also installed with screensaver programme to prevent the risk of information exposing accidentally.

As A&E Departments are always crowded with members of public and other rescue department staff, the HA has reminded healthcare staff to ensure that patients' medical records and conversation are not leaked during triage and consultation. The HA will also remind law enforcement departments to be mindful of the respect for patient data privacy in hospitals.

The HA will continue to uphold patient confidentiality, which is the cornerstone of patient confidence in seeking consultation. The HA reiterates that public hospital healthcare staff always work in the best interest of the patients and will not be compromised by any non-clinical activities. Patients in need are advised to seek timely consultation.

[Appeal for information on missing man in Kwai Chung \(with photo\)](#)

Police today (June 19) appealed to the public for information on a man who went missing in Kwai Chung.

Ma Ka-chi, aged 71, went missing after he left a hostel on Lai Chi Ling Road yesterday (June 18) noon. The staff of the hostel made a report to Police on the same day.

He is about 1.75 metres tall, 72 kilograms in weight and of thin build. He has a sharp face with yellow complexion, short white hair. He was last seen wearing a grey long-sleeved jacket, black and green checkered shirt, dark blue pants and black shoes.

Anyone who knows the whereabouts of the missing man or may have seen him is urged to contact the Regional Missing Person Unit of New Territories South on 3661 1176 or 6317 7858 or email to rmpu-nts-2@police.gov.hk, or contact any police station.

