

Youth Development Commission to visit Hong Kong interns in Shenzhen

The Chief Secretary for Administration and Chairman of the Youth Development Commission (YDC), Mr Matthew Cheung Kin-chung; the Secretary for Home Affairs, Mr Lau Kong-wah; and members of the YDC will depart for Shenzhen in the morning on August 10 to visit Hong Kong interns there.

Mr Cheung and Mr Lau will respectively lead members of the YDC to visit enterprises and organisations providing internship places for Hong Kong youths under the internship programme organised by the Y.Elites Association in Qianhai and that organised by the Hong Kong Youths Unified Association and the Young Professionals Alliance in Nanshan. They will meet with the management and exchange views with Hong Kong interns to know more about their experience.

Mr Cheung, Mr Lau and all members of the YDC will return to Hong Kong in the afternoon on the same day.

HKSAR Government delegates to attend hearing of UN Committee on the Elimination of Racial Discrimination

A delegation representing the Hong Kong Special Administrative Region (HKSAR) Government will attend a hearing of the United Nations Committee on the Elimination of Racial Discrimination in Geneva, Switzerland, on August 10 and 13 (Geneva time).

A government spokesman said today (August 8) that, as part of the Chinese delegation, the HKSAR delegation will introduce to the Committee the part of China's 14th to 17th reports under the International Convention on the Elimination of All Forms of Racial Discrimination (ICERD) which is related to the HKSAR, and answer the Committee's questions on the implementation of the ICERD in Hong Kong.

"This is the third time the Committee has examined a report submitted by the HKSAR under the ICERD since 1997. The previous round of hearings was held in August 2009," the spokesman added.

The delegation will be led by the Under Secretary for Constitutional and Mainland Affairs, Mr Andy Chan, and the members of the delegation will include officials from the Constitutional and Mainland Affairs Bureau, the

Security Bureau, the Education Bureau, the Labour Department and the Department of Justice.

The third report of the HKSAR under the ICERD is available on the website of the Constitutional and Mainland Affairs Bureau (www.cmab.gov.hk/en/issues/report3A.htm).

Red flag hoisted at Stanley Main Beach

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 (August 8) that due to big waves, red flag has been hoisted at Stanley Main Beach in Southern District, Hong Kong Island. Beach-goers are advised not to swim at the beach.

Red flags hoisted at Shek O Beach and Big Wave Bay Beach

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 (August 8) 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. Beach-goers are advised not to swim at these beaches.

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 8) 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.