Yellow fire danger warning

Attention duty announcers, radio and TV stations:

Yellow fire danger warning

The fire danger situation today (September 17) is yellow and the risk of fire is high. People are urged to prevent fires breaking out and hikers should also be vigilant.

CE to attend 27th Beijing-Hong Kong Economic Cooperation Symposium and Beijing-Hong Kong Cooperation Promotion Conference in Beijing

The Chief Executive, Mr John Lee, will lead a Hong Kong Special Administrative Region (HKSAR) Government delegation to depart for Beijing on September 19. They will attend the opening ceremony of the 27th Beijing-Hong Kong Economic Cooperation Symposium and Beijing-Hong Kong Cooperation Promotion Conference (the Symposium) and a thematic promotion event on September 20. During the visit, Mr Lee will also attend the signing ceremony of a co-operation agreement on new industrialisation matters between the Ministry of Industry and Information Technology and the HKSAR Government.

This year's Symposium, which will promote complementarity to achieve shared prosperity as the theme, will feature 15 thematic promotion events and other supporting activities. An Invest Hong Kong-themed promotion event will be held for the first time, with keynote speeches and highlighted programmes focusing on Hong Kong's unique advantages, business environment, and measures to facilitate co-operation between enterprises of Beijing and Hong Kong.

Mr Lee noted that the HKSAR Government will vigorously promote Hong Kong's advantages and foster co-operation between Beijing and Hong Kong, with a view to attracting more Mainland enterprises to leverage Hong Kong to access the international market, facilitating exchanges between enterprises of Beijing and Hong Kong and injecting greater impetus into the two economies.

Members of the HKSAR Government delegation will include the Financial Secretary, Mr Paul Chan; the Secretary for Financial Services and the Treasury, Mr Christopher Hui; the Secretary for Transport and Logistics, Mr

Lam Sai-hung; the Secretary for Innovation, Technology and Industry, Professor Sun Dong; and the Director of the Chief Executive's Office, Ms Carol Yip.

Through an arrangement by the Hong Kong Trade Development Council, Invest Hong Kong and the Office for Attracting Strategic Enterprises, the HKSAR Government is also organising a delegation to be led by major local chambers of commerce, comprising prominent members and representatives from enterprises of industrial and commercial sectors, to attend the Symposium.

Mr Lee will return to Hong Kong on September 21. During his absence, the Chief Secretary for Administration, Mr Chan Kwok-ki, will be the Acting Chief Executive. During the absence of Mr Paul Chan, the Deputy Financial Secretary. During the absence of Mr Hui, the Under Secretary for Financial Services and the Treasury, Mr Joseph Chan, will be the Acting Secretary for Financial Services and the Treasury. During Mr Lam's absence, the Secretary for Housing, Ms Winnie Ho, will be the Acting Secretary for Transport and Logistics. During the absence of Professor Sun, the Under Secretary for Innovation, Technology and Industry, Ms Lillian Cheong, will be the Acting Secretary for Innovation, Technology and Industry.

Postal services to Czech Republic subject to delay

Hongkong Post announced today (September 17) that, as advised by the postal administration of Czech Republic, due to the impact of heavy rain, mail delivery services to the areas with postcodes 30xxx, 40xxx, 50xxx, 60xxx and 70xxx are subject to delay.

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 (September 17) 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.

"Infants and children, the elderly, pregnant women, those with chronic illnesses such as heart disease or high blood pressure, outdoor/manual workers, and individuals who are overweight are more vulnerable to heat stroke. 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 can place additional demands on the physique;
- Perform outdoor activities in the morning or the late afternoon, if possible;
- For indoor activities, open all windows, use a fan or use airconditioning to maintain good ventilation;
- Do not stay inside a parked vehicle; and
- Reschedule work to cooler times of the day if feasible. If working in a hot environment is inevitable, introduce shade in the workplace where practicable. Start work slowly and pick up the pace gradually. Move to a cool area for rest at regular intervals to allow the body to recuperate.

â€<The public should also note the latest and the forecast Ultraviolet (UV) Index released by the Hong Kong Observatory (HKO). When the UV Index is high (6 or above):

- Minimise direct exposure of the skin and the eyes to sunlight;
- Wear long-sleeved and loose-fitting clothes;
- Wear a wide-brimmed hat or use an umbrella;
- Seek a shaded area or put on UV-blocking sunglasses;
- Apply a broad-spectrum sunscreen lotion with a minimum sun protection factor (SPF) of 15, preferably higher. Reapply every two hours if you stay out in the sun, and after swimming, sweating or towelling off; and
- While using DEET-containing insect repellents for personal protection against mosquito-borne diseases, apply sunscreen first, then insect repellent.

â€<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.

â€<The public may obtain more information from the DH's Health Education Infoline (2833 0111), heat stroke page and UV radiation page; the HKO's Diala-Weather (1878 200), latest weather report 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.