

# Law and order situation in first half of 2024

## 1. Overall situation

In the first half of 2024, a total of 45 315 crimes were recorded in Hong Kong, representing an increase of 5.6% (+2 392 cases) compared with the same period last year. The overall detection rate was 26.3%. Leaving deception cases aside, the detection rate was 44%. There were 5 156 cases of violent crime, registering an increase of 8.3% (+397 cases) compared with the same period last year. Major crimes that recorded increases included deception, theft, blackmail and burglary.

## 2. Deception

A total of 19 897 cases of deception were registered in the first half of 2024, an increase of 1 154 cases (+6.2%) compared with the same period last year (18 743 cases), of which 62.3% were Internet-related. Deception cases accounted for 43.9% of the total number of crimes and the amount involved was \$4.48 billion (+1.79 billion, +66.5%). The loss incurred from investment fraud was \$1.55 billion, accounting for 34.5% of the total amount involved.

Compared with the respective increases of 52.1% (in the first half of 2023 compared to the same period of 2022) and 41.7% (in the first half of 2022 compared to the same period of 2021) in the corresponding periods of the past two years, the increase of deception cases in the first half of this year (+6.2%) has slowed down. Police have put vigorous efforts into combatting deception in recent years, and launched various measures for raising public awareness. Scammers also change their modus operandi from time to time. For example, "Guess Who" became less adopted by scammers in telephone deception, resulting in a significant drop in this type of deception from 1 224 cases to 475 cases (-61.2%). However, the new modus operandi of scammers "impersonating customer service staff of e-shopping platforms, online payment platforms, and telecommunications companies" has emerged this year. A total of 1 605 cases were already reported in the first half of this year, leading to the rise in the overall number of deception cases.

Scammers would pretend to be customer service staff of e-shopping platforms, online payment platforms or telecommunications companies and claim that victims have subscribed to their paid services. When victims deny such subscription, the fake customer service staff would claim to assist in cancelling the services, and transfer the calls to fake bank staff who would in turn lure victims into surrendering their e-banking usernames, passcodes and verification codes, so as to steal money from their accounts; or the scammers would lure victims into making transactions to designated bank accounts. Deception cases of such kind underwent another surge in July, recording a total of 1 111 cases in that single month, accumulating up to 2 716 cases for the first seven months of 2024, which is even higher than the

increase of overall deception cases (+ 2 609 cases).

In response to the emergence of such new modus operandi of telephone deception, Police have liaised with the companies concerned to further widen the reach of anti-deception messages. Apart from posting anti-deception messages in their stores, websites and mobile applications, large-scale advertisements have been put up on the bodies of more than 120 trucks of a major logistics company starting from this month to help Police get the anti-deception messages across to various districts of the territory during the delivery of goods.

Other scams employing new modus operandi include the "secondary scams" perpetrated by fraudsters posing as lawyers and falsely claiming to help victims of deception cases recover their losses, as well as computer operating system or anti-virus software technical support scams. Although the number of such cases is not high at present, Police will closely monitor the trend and have immediately disseminated information on such new modus operandi to members of the public through various channels, such as press conferences, "CyberDefender" website, social media, "Scameter+" and so on, so as to remind them to stay vigilant.

In fact, fraud syndicates constantly modify their modus operandi to maximise their proceeds and this phenomenon does pose huge challenges to police forces around the world. The Hong Kong Police Force does not want to be in a passive position of "fighting a new trick only when it emerges". Recognising that combating deception requires the concerted efforts of all sectors of the community, Police have been working with various stakeholders over the past few years to proactively fortify defences against deception in terms of mechanism and public awareness in the following major areas:

i. Multiple measures have been rolled out in collaboration with the banking industry, including the launch of the "Faster Payment System Suspicious Proxy ID Alert" in November last year. As at the end of June this year, around 655 000 alerts have been issued. Starting from August 4, the mechanism has been extended to cover the transactions conducted by teller counters in bank branches and e-banking. When members of the public make transfers through these two channels to the accounts which have been labelled as suspicious by "Scameter+", they will receive automated alerts from bank staff and online banking platform respectively, reminding them not to make such transfers. With the expansion of this mechanism, the transaction coverage rate has been significantly increased from 35% to 84%. It is expected that the mechanism will reach 100% coverage upon further extension to automated teller machines by the end of this year, enabling full protection for members of the public.

Additionally, since the establishment of the Anti-Deception Alliance (ADA), jointly operated by Police and 10 major banks, in late November last year, it has continued to enhance the efficiency of intercepting fraudulent payments and expedite the identification of potential fraud victims. As at the end of June this year, 807 persons have been successfully dissuaded from continuing to transfer money to fraudsters, while over 95% of the fraudulent payment interception requests have been responded by banks within two hours.

In June this year, the efforts of the ADA were effective in successfully intercepting fraudulent payments totalling \$107 million in two cases, including the entire amount of loss totalling over \$40 million in one particular case, which was a notable result.

ii. A number of initiatives have also been implemented in conjunction with the telecommunications industry, including the blocking of telephone numbers and websites involved in deception cases by telecommunications service providers upon request. As at the end of June this year, around 12 200 website links and 6 500 telephone numbers have been intercepted.

iii. Upon the implementation of "Scameter" and "Scameter+", as at the end of June this year, the two search engines have recorded 3.97 million searches and issued approximately 620 000 alerts on frauds and cyber security risks. "Scameter+" was upgraded in February this year. With new functions to issue alerts and a new public reporting platform, "Scameter+" has been downloaded 493 000 times, registering an increase of nearly 90%. Members of the public have even reported a total of over 123 000 suspicious calls and 12 000 suspicious websites in four months, a daily average of about 970 suspicious calls and 97 suspicious websites respectively.

iv. Police will continue to strengthen anti-deception publicity and education to boost the overall immunity of members of the public against deception, so that not only can they stay vigilant to the old modus operandi of scams, but they will also be able to protect themselves from falling prey to the latest scams when they emerge. To widen the reach of anti-deception publicity, Police have enlisted the assistance of different government departments, regulators and enterprises to disseminate messages against deception on various fronts and through different channels. For example, the Water Supplies Department will add a QR Code for downloading "Scameter+" to the quarterly water bill envelopes starting from October to January next year, covering all users in Hong Kong.

At present, five major catering groups have already printed anti-deception messages on their tray liners, cup sleeves and coupons. Police are also liaising with five major catering industry associations to seek the assistance of their members in disseminating anti-deception messages through various channels. Also, starting from May, an "anti-scam promotional truck" arranged by Police has been reaching out to various districts in the territory and will stay in service for a year. Members of the public can learn about the latest modus operandi of scams through interactive games and are encouraged to download "Scameter+". Additionally, Police are organising "Anti-Deception Month" and "Anti-Money Laundering Month" in August again with the aim of conveying anti-deception messages to every household by linking them to the daily life of the public through various channels.

As for enforcement, a total of 5 693 persons were arrested for involving in various types of deception cases and related money laundering offences in the first half of this year, representing an increase of 40% over the same period last year. Among them, more than 4 000 persons were stooge account holders. Apart from expediting prosecution, Police will also apply to the court for enhanced sentencing. As of June 2024, Police succeeded in

enhancing the sentence of 11 stooge account holders in nine cases by three to 12 months, resulting in 26 to 75 months of imprisonment.

In addition, Police had mounted joint operations with Mainland law enforcement agencies against laundering of crime proceeds and receiving of fraudulent payments with stooge accounts between May and July. A total of 244 persons were arrested in Hong Kong and on the Mainland, of whom 220 were arrested on the Mainland and some 20 were suspected of recruiting and arranging Mainlanders to come to Hong Kong for setting up stooge accounts. Police in both places will strengthen their efforts in combatting this type of crime.

Although the rise in deception cases in the first half of this year has slowed down compared with the same periods of the previous two years, the number of cases is still high and the loss amount involved is substantial. Police will continue to step up efforts to combat deception on various fronts, and appeal to members of the public to bring anti-deception messages to their family and friends.

### 3. Homicide

A total of 11 cases of homicide were recorded, a drop of five cases (-31.3%) compared with the same period last year. Four of the cases involved family violence, while the other seven involved disputes among friends, dangerous driving causing death involving drug trafficking, a case that happened at a construction site on Anderson Road in September 2022 resulting in three deaths, psychiatric problems and monetary disputes respectively. All of them have been detected.

### 4. Wounding and serious assault

There were 1 821 cases of wounding and serious assault, registering a slight increase of 1.4% (+25 cases) over the same period last year. Among them, 9.3% of the cases were triad-related.

Regarding the closed-circuit television (CCTV) installation scheme for the purpose of effective combat against various types of crimes, including wounding cases, Police completed the installation of CCTV cameras at 15 locations of Mong Kok in April for testing the technicality. Since June, Police have also started to install other CCTV cameras in phases, with a target of installing a total of 615 sets in various districts within this year. With the assistance of the newly installed CCTV cameras, Police have detected 17 cases involving serious crimes as at July 31, including homicide, robbery, wounding and possession of imitation firearm, and a total of 27 persons have been arrested, showcasing the effectiveness and importance of CCTVs in fighting and preventing crime.

### 5. Robbery and burglary

There were 44 robbery cases, a drop of 25.4% (-15 cases) over the same period last year. The detection rate was 84.1% (+12.9 percentage points, 37 cases detected), hitting a record high since the statistics of the first-

half-year detection rate of robbery had been maintained in 1977.

A total of 684 burglary cases were recorded, a rise of 112 cases (+19.6%) over the same period last year. The rise was attributed to the increase in the number of cases involving residential premises (503 cases, +114 cases, +29.3%), of which a larger increase was observed in the number of cases occurring in village houses (176 cases, +89 cases, +102.3%). The increase in the number of burglary cases involving residential premises was believed to be the result of a significant rise in the number of people travelling abroad compared to the same period last year (an increase of 72.4% in the first half of 2024 compared with the same period last year), leaving homes unattended for burglars to prey on.

Police have stepped up anti-burglary patrols, especially in areas with more village houses, and made good use of technology, such as drones, and partnered with the Government Flying Service to carry out air patrol and assist in searching for suspects in remote hilly areas. The intelligence-led enforcement actions of Police have also been effective, with 196 arrests made in the first half of this year, an increase of 33.3% (+49 persons) over the same period last year. In fact, the increase in burglary cases has slowed down in recent months, and the figure for June even saw a significant drop of 45.2% (-66 cases) compared with May.

## 6. Theft

There were 11 529 theft cases, an increase of 3.9 % (+437 cases) compared with the same period last year. The rise was attributed to the increase in shop theft (4 415 cases, +476 cases, +12.1%), miscellaneous theft (6 125 cases, +138 cases, +2.3%) and pickpocketing (287 cases, +59 cases, +25.9%).

In view of the increase in the number of shop theft cases, Police held a press conference in mid-July to explain the situation, urging members of the public not to commit the offence out of momentary greed and appealing to shop owners to step up anti-theft measures with the aid of technology (e.g. anti-theft tags, etc.).

## 7. Blackmail

In the first half of 2024, there were 1 418 cases of blackmail, an increase of 325 cases (+29.7%). The rise was mostly attributed to "naked chat", which is both a technology and a violent crime, totalling 1 102 cases and registering an increase of 269 cases (+32.3%). Students remained as the largest group of victims.

## 8. Sexual offences

There were 33 rape cases, an increase of 12 cases (+57.1%), and none of them involved strangers. The larger increase was due to the relatively low number of cases recorded in the same period last year, but the figure was similar to the average number of cases (31 cases) in the first half of the five years before the pandemic (i.e. 2015-2019).

A total of 568 indecent assault cases were recorded, a slight increase of 0.5% (+3 cases). Nearly 60% of the cases occurred in public places and MTR premises. The detection rate was 74.6%.

## 9. Serious drug offences

There were 577 serious drug cases, a decrease of 2.5% (-15 cases) over the same period last year. The number of youths arrested in connection with serious drug cases has dropped by 32.3% (-32 persons) to 67 persons, of whom 17 persons were local students (-8 persons, -32%).

Police continue to promote anti-drug messages among youngsters and students, including the establishment of the Leadership Institute on Narcotics (L.I.O.N.). With the kicking-off of the third cohort at the beginning of this year, mentees will visit the Mainland in August to exchange experiences with the local students. In April, Police released an anti-drug mini-movie co-produced with the Correctional Services Department, featuring a young girl imprisoned for drug manufacturing, for primary and secondary schools across Hong Kong to show to their students. Also, an all-new drama titled "KOL Interactive Anti-Drug Drama" will be performed in at least 50 primary schools this year. So far, the drama has been performed in 30 primary schools to convey anti-drug messages to campuses and the community on various fronts.

## 10. Youth crime

In the first half of 2024, a total of 1 541 youths (aged 10 to 20) were arrested for committing criminal offences, similar to the same period last year (+12 persons, +0.8%). The increase was mainly attributed to the rise in deception (288 persons, +71 persons, +32.7%), miscellaneous theft (160 persons, +58 persons, +56.9%) and shop theft (125 persons, +28 persons, +28.9%). However, there was a drop in the number of youths arrested for offences of serious drugs (-32.3%), criminal damage (-22.1%), unlawful society (-39.5%) and so on.

Police hope to cultivate youths' law-abiding awareness together with schools and teachers with their assistance in conveying anti-crime messages to students. From January to April this year, Police collaborated with the Education University of Hong Kong, various school sponsoring bodies and charitable organisation Project WeCan to share information on topics such as digital literacy and anti-drugs information with over 5 000 teaching staff and prospective teachers thus far. A new round of sharing sessions has been arranged with four school sponsoring bodies in the new school year. Police will also continue to publish the "Youth Crime Prevention Booklet" series, providing teaching materials and training on crime prevention for teachers in all primary and secondary schools in Hong Kong.

Police are also committed to strengthening communication with youngsters and will co-organise training camps with the Education Bureau. A total of 15 residential camps with each lasting for three days and two nights will be held at the Junior Police Call Permanent Activity Centre from November to June next year, providing training opportunities for more than 2 000

Secondary One students so that they can develop positive values and build up resilience.

## 11. Enforcement on National Security Law

Since the enactment of the Hong Kong National Security Law, as at June 30 this year, Police have arrested a total of 300 persons. Among them, around 60% have been charged.

## 12. Conclusion

The overall crime figure in the first half of 2024 registered an increase of 5.6% over the same period last year. A number of major crimes recorded decreases, while most of the increases in other crimes were within a few percentage points. The increase in deception cases has slowed down compared with the past few years. The overall law and order situation was stable.

Apart from fighting and preventing crime, protecting the lives of people is a divine mission of Police. In view of the surge in the number of hikers and the consequent rise in related deaths and injuries over the past few years, Police launched a self-developed smart search and rescue mobile application, HKSOS, in January this year. The application utilises patented Signal Radar technology, which allows for precise positioning even in areas without network coverage, to rescue people, especially hikers, in distress during outdoor activities. As at the end of June, HKSOS has recorded 96 000 downloads and successfully assisted 49 hikers in 21 cases, enhancing the efficiency of rescue operations. During the period, there were only seven cases of prolonged search of four hours or above, representing a significant drop of 86.5% (-45 cases) over the same period last year.

HKSOS and the related rescue solutions have received recognition on the world stage, including the top accolades Gold Medals with the Congratulations of Jury at the International Exhibition of Inventions of Geneva (the 48th and 49th) for two consecutive years since 2023, as well as the Best Use of Advanced Technology Award in the International Critical Communications Awards 2024 held in Dubai in May. Police will continue to enhance digital policing with a view to bringing convenience to the public and safeguarding public safety.

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## [Speech by CE at Youth Development Summit \(English only\) \(with photos/video\)](#)

Following is the speech by the Chief Executive, Mr John Lee, at the

Youth Development Summit today (August 10):

Honourable Director Zheng Yanxiong (Director of the Liaison Office of the Central People's Government in the Hong Kong Special Administrative Region (HKSAR)), Commissioner Cui Jianchun (the Commissioner of the Ministry of Foreign Affairs in the HKSAR), government officials from around the world, distinguished guests, ladies and gentlemen, girls and boys,

Good morning everyone! A very warm welcome to you all to our first ever Youth Development Summit by the Hong Kong Special Administrative Region Government. First, my thanks to each and every one of you for being here, making this inaugural Summit a successful reality.

I am especially pleased that we are joined by high-level representatives from the Mainland, Saudi Arabia, Malaysia and Laos today. And we are here with an impressive group of some 1 000 young leaders, innovators, and change-makers from Hong Kong, the Mainland, and other parts of the world.

As Chief Executive of the Hong Kong Special Administrative Region, I have had the privilege of visiting different cities in the Mainland, Asia and the Middle East, and been showered with the hospitality of your places. So I am only too delighted to have this chance, to welcome you to my home, Hong Kong.

Your participation in this Summit underscores the importance of youth development, not just here in Hong Kong, but also in different places along the Belt and Road, and around the world.

And Hong Kong is a great place to unleash youthful vigour, talent and the pursuit of excellence, for this Youth Development Summit, and beyond.

Young people are our greatest asset. The Hong Kong SAR Government attaches great importance to youth development and released the first Youth Development Blueprint for Hong Kong. This holistic document highlights our vision, and concrete steps, for youth development.

Young people are the future pillars of our society. Our vision is to foster a new generation of youth equipped with a global perspective, aspiring and positive mindset, and affection for our country and city. We strive to provide our youth with a nurturing environment and hope for the future.

To achieve that, we adopt four policy directions: "exploration", "hope", "empowerment", and "contribution". And we certainly provide all these for our young people.

We have a diverse and holistic education system – no one is left behind for lack of means. Five of our universities are ranked among the world's top 100, and our universities are home to some of the world's top schools in a wide range of subject areas. At the same time, we are enhancing the status of vocational and professional education and training. Our institutions help to nurture our multi-lingual and versatile young people.

We strive to build an international hub for post-secondary education for



all. We welcome students from around the world to study in Hong Kong, and we offer pathways for home-grown students to study in the Mainland and overseas. We endeavour to expand young people's horizons, and develop their global outlook.

That, in turn, fuels our development as an international hub for high-calibre talent. We have made remarkable achievements on this front, I'm pleased to add. Since the end of 2022, the Government has launched a range of enhanced talent admission schemes, to welcome talent from around the world. Over the past 19 months or so, we have attracted more than 340 000 applications from professionals and young graduates, and already approved over 210 000 of them. More than 140 000 successful applicants have already arrived in Hong Kong.

Hong Kong enjoys unparalleled connectivity with both the Mainland and the world. With the unwavering support from national strategies, Hong Kong is fast-developing its competitiveness in eight areas under the National 14th Five-Year Plan, namely finance, trade, shipping, aviation, legal and dispute resolution services, intellectual property trading, cultural exchange, and innovation and technology.

Along with the Guangdong-Hong Kong-Macao Greater Bay Area development, and the Belt and Road Initiative, Hong Kong is well-placed in connecting the Mainland with both traditional and emerging markets around the globe, and to connect a world of investors to the Chinese market. The development potential of Hong Kong, and every young person who joins us here, is unlimited. We have been encouraging young people to capitalise on these opportunities, and become more involved in actively contributing to the overall development of our country.

Ladies and gentlemen, girls and boys, the theme of this Summit is "Set Sail for New Horizons". Working together, I am confident that we can embark on a new journey for youth development in Hong Kong, and with our partners from the Mainland and overseas.

Setting sail with you will be our host of distinguished speakers. They include young entrepreneurs, I&T professionals, as well as experts in creative industries, professional services and more. They have all demonstrated exceptional enthusiasm, dedication and determination to excel in their fields of expertise. I thank all our speakers for contributing their time, effort and ideas to this event.

I know that you can all draw great inspiration from our speakers, and from this event. On the topic of inspirational events, I am sure that like me, you have been closely following the 2024 Paris Olympic Games, which will come to an end tomorrow.

The people of Hong Kong and I take great pride in the outstanding performance of our young athletes. They have made historic progress this year by winning two gold medals and two bronze medals for Hong Kong so far. But more than medals, each athlete has demonstrated great determination, unwavering efforts, energetic passion and strong team spirit, all valuable

attributes of the Hong Kong spirit. The unyielding professionalism and sportsmanship shown by every one of them have made us proud.

While we can't all be Olympic champions, we can all be champions of our own stories. We can all live in the spirit of the Olympic motto – "Faster, Higher, Stronger – Together" in our pursuits. And I believe that Hong Kong is a great place to make that happen. Because this is where you can all live the Hong Kong spirit – the spirit of never giving up, the spirit of always striving to achieve our best.

To our young people here today, do believe in yourselves, trust your instincts, and keep excelling yourselves. The future is in your hands! Your own hands! I encourage you to take full advantage of this Youth Development Summit to listen to, and learn from, our speakers and experts. Grasp the chance to network and build contacts and connections with your peers, and share your ideas and visions for the future.

And for our friends from the Mainland and overseas, take the opportunity to appreciate the beauty of Hong Kong, and to discover the charm of Hong Kong, an international metropolis that perfectly blends the East and the West.

Once again, thank you all for contributing your time, energy and ideas to this inaugural Youth Development Summit. I wish this Summit a great success, and our young people a bright future in Hong Kong and beyond.

Thank you.



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## Fatal traffic accident in Yau Ma Tei

Police are investigating a fatal traffic accident happened in Yau Ma Tei in the small hours today (August 10) in which a man died.

At 0.39am, a motorcycle driven by a 31-year-old man was travelling along Lin Cheung Road underpass towards Tsuen Wan with a 33-year-old male passenger

on board. When the motorcycle was approaching Austin Road West, it reportedly went out of control and rammed into the left side kerb.

The motorcyclist and the passenger fell onto the ground. The passenger sustaining serious multiple bodily injuries was rushed to Kwong Wah Hospital in unconscious state and was certified dead at 2.29am. The motorcyclist suffered injuries to his limbs and was sent to Queen Elizabeth Hospital in conscious state.

The driver was arrested for dangerous driving causing death and is being detained for enquiries.

Investigation by the Special Investigation Team of Traffic, Kowloon West is under way.

Anyone who witnessed the accident or has any information to offer is urged to contact the investigating officers on 3661 9000.

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## **LD reminds employers and employees to take heat stroke preventive measures in times of Heat Stress at Work**

### **Warning**

As the Heat Stress at Work Warning is now in effect, the Labour Department (LD) reminds employers and employees to take appropriate measures during the effective period of the warning to prevent heat stroke when working in hot weather or hot environments.

Employees who work outdoors or in non-air-conditioned indoor environments face high levels of heat stress and are at a relatively higher risk of heat stroke. Employers should assess the risk factors of heat stress for employees at work and, based on the identified risk factors, take necessary preventive and control measures, including rescheduling work periods, setting up shading covers, providing ventilation and heat dissipation equipment, and reminding employees to replenish water and rest in a timely manner.

The Heat Stress at Work Warning is formulated by the LD based on the Hong Kong Heat Index. There are three levels of the warning: Amber, Red and Black, which help employers and employees better understand the level of heat stress while working outdoors or indoors without air-conditioning systems.

A spokesman for the LD said that when the department issues the Heat Stress at Work Warning, employers must refer to the criteria and

recommendations provided in the "[Guidance Notes on Prevention of Heat Stroke at Work](#)" to conduct risk assessments, according to the workloads and other relevant heat stress risk factors, for employees who work outdoors or in non-air-conditioned indoor workplaces. Appropriate rest breaks should be arranged every hour, as far as reasonably practicable, based on various levels of the Heat Stress at Work Warning, to reduce employees' risk of heat stroke.

Employees must also follow instructions to rest on time. Whenever there are any symptoms of heat-related illnesses, such as headache, dizziness, thirst, and nausea, they should rest in a cool and shady place, drink water, and inform employers/supervisors to take appropriate action immediately.

The LD issued the "Guidance Notes on Prevention of Heat Stroke at Work", detailing the various risk factors that should be considered when conducting heat stress risk assessments and recommending corresponding control measures for identified risk factors for employers' and employees' reference. For the Heat Stress at Work Warning and related guidelines, please refer to the department's thematic webpage:

[www.labour.gov.hk/eng/news/prevention\\_of\\_heat\\_stroke\\_at\\_work.htm](http://www.labour.gov.hk/eng/news/prevention_of_heat_stroke_at_work.htm).

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## **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 10) 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 air-conditioning 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 Dial-a-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.