

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.

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 4) 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.

HKETO Jakarta presents symphony of Hong Kong arts and culture to Malaysia in August (with photos)

The Hong Kong Economic and Trade Office in Jakarta (HKETO Jakarta) is bringing three renowned Hong Kong arts groups to Malaysia in August, presenting a feast of Hong Kong's arts and culture to the local audience.

The Hong Kong Chinese Orchestra (HKCO) staged the first concert in Kuala Lumpur today (August 3). Speaking at a reception before the event, the Director-General of the HKETO Jakarta, Miss Libera Cheng, said that Hong Kong is forging ahead with its development into an East-meets-West centre for international cultural exchange. With an increase in the annual provision for cultural exchanges to \$70 million as announced by the Chief Executive in his Policy Address last year, more arts groups will be supported to perform outside Hong Kong to promote the development of cultural and creative industries.

"Our people-to-people exchanges have elevated significantly following the Chief Executive's visit to Malaysia in July last year. Apart from organising cultural events, the HKETO Jakarta is working closely with the newly established Cultural and Creative Industries Development Agency to deepen connections with member states of the Association of Southeast Asian Nations (ASEAN) such as Malaysia, encouraging local industry players to leverage the various mega events and policy measures in Hong Kong to go global."

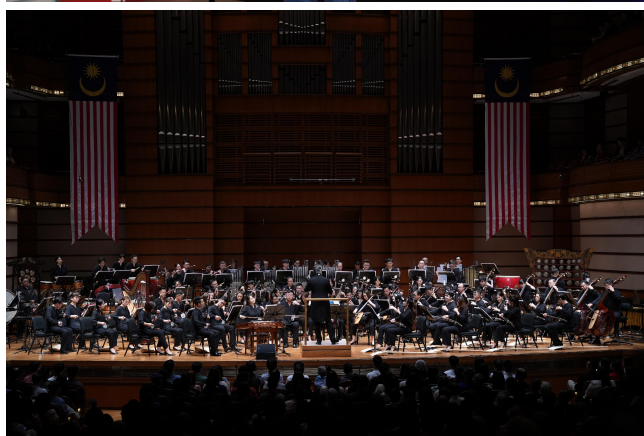
Also attending the reception were the Education Counsellor of the Chinese Embassy in Malaysia, Mr Zhao Changtao, and senior representatives of the local business and academic sectors.

The HKCO will present another concert in Kuala Lumpur tomorrow (August 4) before performing in Penang next Wednesday (August 7). This tour is part of the celebration for the 50th anniversary of the establishment of diplomatic relations between China and Malaysia.

In addition, this year sees the Hong Kong Dance Company's first participation in the George Town Festival (GTF), delivering two performances in Penang today and tomorrow. The HKETO Jakarta also attended earlier the GTF's opening ceremony alongside the Chief Minister of Penang, Mr Chow Kon Yeow, the Penang State Executive Councillor for Tourism and Creative Economy, Mr Wong Hon Wai, and the diplomatic envoys of various countries to Malaysia.

Separately, the Asian Youth Orchestra will host a concert in Kuala Lumpur on August 19 as part of its Asia tour this year, marking the group's return to Malaysia after 13 years.

The HKETO Jakarta will continue to organise a series of events in Malaysia and other countries under its purview this year, encompassing a wide range of arts and cultural elements to foster closer ties between the peoples of Hong Kong and ASEAN member states.



Fatal traffic accident in Kowloon City

Police are investigating a fatal traffic accident happened in Kowloon City this afternoon (August 3) in which a woman died.

At 5.45pm, a private car driven by a 37-year-old man was travelling along the north bound of Ma Hang Chung Road. Upon approaching 3 Ma Hang Chung Road, it reportedly knocked down a 90-year-old woman who was crossing the road.

The woman was trapped under the car and subsequently rescued. Sustaining multiple injuries, she was rushed to Queen Elizabeth Hospital in unconscious state and was certified dead at 6.19pm.

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 underway.

Â Â Â Â Anyone who witnessed the accident or has any information to offer is urged to contact the investigating officers on 3661 9062.

Hong Kong Customs detects incoming passenger drug trafficking case at airport (with photo)

Hong Kong Customs yesterday (August 2) detected an incoming passenger drug trafficking case at Hong Kong International Airport and seized about 10 kilograms of suspected ketamine with an estimated market value of about \$5 million.

A 21 year-old male passenger arrived in Hong Kong from Paris, France via Bangkok, Thailand yesterday. During customs clearance, Customs officers found the batch of suspected ketamine was concealed in ten packs of food packages inside his check-in baggage. The man was subsequently arrested.

The arrested man has been charged with one count of trafficking in a dangerous drug. He will appear at the West Kowloon Magistrates' Courts on August 5.

Following the increasing number of visitors to Hong Kong, Customs will continue to apply a risk assessment approach and focus on selecting passengers from high-risk regions for clearance to combat transnational drug trafficking activities.

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) or online form (eform.cefs.gov.hk/form/ced002).

