

Chai Wan Public Fill Barging Point reopened

Attention TV/radio announcers:

Please broadcast the following as soon as possible:

As the Hong Kong Observatory has cancelled all typhoon warning signals, the Civil Engineering and Development Department today (July 23) announced that the Chai Wan Public Fill Barging Point has been reopened at 8.30am for public use.

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 (July 23) 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.

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.

[Director of Immigration attends the Third Yangtze Delta Region, Shandong and Hong Kong Ports and Immigration Management and Co-operation Symposium in Shanghai \(with photos\)](#)

The Director of Immigration, Mr Benson Kwok, attended the Third Yangtze Delta Region, Shandong and Hong Kong Ports and Immigration Management and Co-operation Symposium in Shanghai for two consecutive days since yesterday (July 21). He engaged in in-depth discussions about ports and immigration management and co-operation with representatives of the Exit and Entry Administration of the People's Republic of China, immigration inspection and exit-entry administration authorities, as well as the Hong Kong and Macao Affairs Office of the public security authorities of Shanghai Municipality, and Jiangsu, Zhejiang, Anhui and Shandong Provinces.

The Symposium was organised by the Hong Kong Economic and Trade Office of the Government of the Hong Kong Special Administration Region (HKSAR) in Shanghai (SHETO) with the aim of optimising immigration management co-operation by building an exchange platform for harnessing the collective wisdom of the various participating immigration inspection and exit-entry administration authorities as well as the Hong Kong and Macao Affairs Office of the public security authorities. Adhering to the spirit of friendly co-operation, the participating authorities sent a total of 50 representatives to participate in this Symposium, focusing their discussions on two main themes: "Promoting professional mobility to support high-quality development" and "Preventing and combating immigration-related crimes to maintain national stability and prosperity", jointly exploring new opportunities for port co-operation in order to provide strong support for the optimisation of and innovations in regional immigration management.

Mr Kwok stated at the Symposium that regional co-operation and development are fundamental requirements for promoting high-quality development to which the country attaches importance. Promoting professional exchanges across regions and breaking down geographical barriers are precisely in line with major national policies. Mr Kwok also emphasised that the ImmD will fully support the talent attraction and retention measures taken by the HKSAR Government, actively take forward various talent admission schemes, and generate new impetus for Hong Kong's diversified development. At the same time, the ImmD will continue to shoulder the responsibility of safeguarding national security with strong determination, guard tightly the country's southern gateway, and contribute to the country's development and Hong Kong's stability and prosperity.

In her speech, the Director of the SHETO, Mrs Laura Aron, pointed out that the Yangtze Delta and Shandong Province, like Hong Kong, are among the most economically active regions in the country with outstanding openness to foreign trade and innovation capabilities. The SHETO will continue to maintain close exchanges and co-operation with various provincial and municipal authorities, working together to contribute to high-quality development.

The Deputy Director General of the Department of Chinese Citizens Exit and Entry Administration, Exit and Entry Administration of the People's Republic of China, Ms Wang Ling, attended the exchange meeting and emphasised the importance to fully utilise the "1+2 co-ordination mechanism" among the Mainland and the Hong Kong and Macao Special Administrative Regions on the immigration policy; to stay true to the letter and spirit of the principle of "one country, two systems"; to work together to promote immigration policies under the "one country, two systems" policy; to maintain the implementation of the holistic approach to national security and maintain immigration order; and to firmly implement the people-centered philosophy of development, supporting and serving the Chinese-style modernisation by promoting officials' communication and modernising immigration control work.

Representatives from all participating authorities expressed that this Symposium enhanced mutual understanding and provided new ideas and directions for promoting regional co-operation and development.





Security Bureau Youth Uniformed Group Leaders Forum visits Henan Province (with photos)

The Secretary for Security, Mr Tang Ping-keung, today (July 22) led 28 members of the Security Bureau (SB) Youth Uniformed Group Leaders Forum and students of Shenzhen University, the Forum's partner, to continue with the six-day study tour to Henan Province for a better understanding of the country's history and culture, as well as its modern development.

The study tour visited Yue Fei Temple in Kaifeng City this morning to learn more about the national hero and promote the virtue of patriotism. The group paid a visit to the historical magisterial authority at Kaifeng Fu, and met with the Secretary of the CPC Kaifeng Municipal Committee, Mr Gao Jianjun, in the afternoon.

Mr Tang and the study tour arrived on July 20, and in the past two days have visited places in the vicinity of the cities of Zhengzhou and Luoyang. They have met provincial and municipal leaders of Henan Province, Zhengzhou City and Luoyang City, including Deputy Secretary of the CPC Henan Provincial Committee and the Secretary of the Commission for Political and Legal Affairs of Henan Province, Ms Sun Meijun; member of the Standing Committee of the CPC Henan Provincial Committee and the Secretary of the CPC Luoyang Municipal Committee, Mr Jiang Ling; member of the Standing Committee of the CPC Henan Provincial Committee and the Secretary of the CPC Zhengzhou Municipal Committee, Mr An Wei; and member of the Standing Committee of the CPC Henan Provincial Committee and the Head of the United Front Work Department of the CPC Henan Provincial Committee, Mr Zhang Leiming.

Mr Tang thanked the provincial and municipal leaders, and the Chairman of the SB Youth Uniformed Group Leaders Forum, Ms Cheng Cheung-ling, for their full support and co-ordination in various aspects of the arrangements for the excursion, allowing members of the study group to experience the

depth and richness of the cultural heritage of Henan, understand the country's development from ancient times to the present, and enhance their national identity.

The study tour group also took in the night view of Zhengzhou City to learn more about its latest urban planning and keep abreast of the country's development of new quality productive forces. The group also toured famous scenic spots including the Shaolin Temple, Longmen Grottoes and Luoyi Ancient City to appreciate Chinese martial arts as well as visual aesthetics, and learn more about Chinese history.

Over the next three days, the study tour will visit the Zhengzhou Yellow River Cultural Park, the Yellow River Museum and the Henan Museum to further understand the history and culture of the country. A visit will also be made to public security facilities to learn about the system's operation of maintaining public security in the country. The rest of the itinerary also includes visits to the Zhongyuan Science and Technology City and key local enterprises in various areas to gain a better understanding of the developments of the relevant industries.

Mr Tang will return to Hong Kong in the afternoon tomorrow (July 23). The Under Secretary for Security, Mr Michael Cheuk, will lead the study tour to continue the remaining itinerary.

The SB established the Leaders Forum in October 2022 to deepen the participation of government departments and the civil service in youth work. The SB also signed a Memorandum of Understanding with Shenzhen University last year to jointly promote Hong Kong-Shenzhen youth development and co-operation through cultural exchanges.



