

Missing woman in Kwun Tong located

A woman who went missing in Kwun Tong has been located.

Chan Chak-kwai, aged 33, went missing after she left her caring home on Fuk Tong Road on July 9 afternoon. Staff of the caring home made a report to Police on the next day (July 10).

The woman returned to the caring home yesterday (July 11) afternoon. She sustained no injuries and no suspicious circumstances were detected.

Flag-raising ceremony cancelled

Owing to the thunderstorm warning, the flag-raising ceremony to be conducted at Golden Bauhinia Square, Wan Chai at 8am today (July 12) will be cancelled.

If the thunderstorm warning is cancelled and weather conditions permit by then, the flag-raising ceremony may be resumed without further notice.

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 12) 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.

SEE begins visit in Beijing (with photos)

The Secretary for Environment and Ecology, Mr Tse Chin-wan, began his visit in Beijing on July 11. He called on the Hong Kong and Macao Affairs Office of the State Council (HKMAO), the Ministry of Ecology and Environment (MEE) and the National Energy Administration (NEA).

Mr Tse reported to the Director of the HKMAO, Mr Xia Baolong about the latest work of the Environment and Ecology Bureau (EEB), including moving towards carbon neutrality, green transformation, environmental protection, ecological conservation, low-carbon energy, development of agriculture and fisheries, environmental hygiene and food safety. Director Xia remarked that the work of the EEB are mostly matters of people's concern and he fully recognised the bureau's performance.

Mr Tse expressed his gratitude to Director Xia for his encouragement. He said that achieving carbon neutrality has become a worldwide consensus. As many countries and regions are undergoing green transformations, Hong Kong can seize the opportunity to develop green energy and green business in the Guangdong-Hong Kong-Macao Bay Area (GBA) through synergised co-operation, support the high-quality development of Hong Kong and GBA cities, promote resources circulation, build a "Zero Waste Bay Area", and strive to achieve

carbon neutrality.

Mr Tse met with the Minister of the MEE, Mr Huang Runqiu, and exchanged views on various ecology and environment protection issues and related work. During the meeting, Mr Tse expressed that the Hong Kong Special Administrative Region will continue its efforts in various aspects of the environment and ecology, such as promoting green and low-carbon development, environmental pollution prevention and control, as well as enhancing the diversity, stability, and sustainability of the ecosystem. Hong Kong will also continue to leverage the distinctive advantages of enjoying the strong support of the motherland and being closely connected to the world under the "one country, two systems" principle. Furthermore, Hong Kong will further actively integrate into national development and promote ecological civilisation of the GBA.

In the afternoon, he visited the NEA and met with Deputy Director of the NEA Mr Ren Jingdong to exchange views on issues related to the promotion of energy co-operation between the Mainland and Hong Kong, and supporting Hong Kong's green and low-carbon energy transition, etc. Mr Tse was pleased to learn that the NEA had launched the National Green Electricity Certificate Issuing and Trading System, which has been running smoothly online. Hong Kong will explore ways to seize opportunities in this area, so as to facilitate the development of green finance and green certification.

Mr Tse will continue his visit to Beijing on July 12.



