

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 3) 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€œIf 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€œThe 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.

SCS begins visit to Beijing (with photos)

The Secretary for the Civil Service, Mrs Ingrid Yeung, began her visit in Beijing today (July 2). She called on the Hong Kong and Macao Affairs Office of the State Council (HKMAO) and visited a short video live streaming platform company.

Mrs Yeung and the Permanent Secretary for the Civil Service, Mr Clement Leung, called on Deputy Director of the HKMAO Mr Wang Linggui in the morning and introduced to him the latest situation and work progress on civil service matters in the Hong Kong Special Administrative Region (HKSAR).

Mrs Yeung and other officials went to the headquarters of Kuaishou in the afternoon where they toured around the office facilities and broadcasting centre. They also had a meeting with the senior executives of Beijing Kuaishou Technology Company Ltd to learn about the latest trends and experiences in short video and live streaming platforms.

She said, "With the advent of the 5G Internet era, various short video platforms have emerged and flourished, with short videos disseminating information at high speed and with an increasingly wide reach. In addition to e-commerce, live streaming platforms are now also being used for recruitment of certain jobs and even the promotion of public affairs. We should pay attention to the trend of development of information technology to gain a better understanding of it for inspirations in publicity and promotion."

Mrs Yeung will visit the School of Government of Peking University and attend the graduation ceremony of the inaugural cohort of the Master's Degree in Public Policy Programme co-organised by the HKSAR Government and Peking University for senior civil servants of the HKSAR tomorrow. She will also meet with the graduates and the HKSAR civil servants who are currently studying in the University.



Sample of imported swordfish sashimi detected with methylmercury exceeding legal limit

The Centre for Food Safety (CFS) of the Food and Environmental Hygiene Department today (July 2) announced that a sample of imported swordfish sashimi was detected with methylmercury, a metallic contaminant, at a level exceeding the legal limit. Members of the public should not consume the affected product. The CFS is following up on the incident.

"The CFS collected the above-mentioned sample from an online shop, named Oi-Shi-Sushi, for testing under its routine Food Surveillance Programme. The test result showed that the sample contained methylmercury at a level of 1.4 parts per million (ppm), exceeding the legal limit of 0.5 ppm," a spokesman for the CFS said.

The spokesman said that the CFS had informed the vendor concerned of the irregularity and instructed it to stop sale and remove from shelves the affected product. The CFS is also tracing the source and distribution of the product concerned.

"Methylmercury is the major form of mercury in fish. At high levels, mercury can affect foetal brain development, and affect vision, hearing, muscle co-ordination and memory in adults. Furthermore, as some international organisations such as the World Health Organization have pointed out, consuming predatory fish species is the main source of mercury intake for human beings. The report of the CFS's Total Diet Study has also pointed out that large fish or predatory fish species may contain high mercury levels (for example, tuna, albacore, shark, swordfish, marlin, orange roughy and king mackerel). Hence, groups particularly susceptible to the adverse effects of mercury, such as pregnant women, women planning a pregnancy and young children should opt for fish that are smaller in size for consumption and avoid consumption of the above-mentioned types of fish to minimise excessive exposure to metal contaminants in food," the spokesman added.

According to the Food Adulteration (Metallic Contamination) Regulations (Cap. 132V), any person who sells food with metallic contamination above the legal limit is liable upon conviction to a fine of \$50,000 and imprisonment for six months.

â€‹The CFS will continue to follow up on the incident and take appropriate action. Investigation is ongoing.

London ETO celebrates in UK 27th anniversary of HKSAR establishment (with photos)

To commemorate the 27th anniversary of the establishment of Hong Kong Special Administrative Region (HKSAR), the Hong Kong Economic and Trade Office, London (London ETO) supported the 24th UK Chinese Golf Open by sponsoring the Reunification Cup special prize in London, the United Kingdom (UK).

A total of 100 contestants participated at the UK Chinese Golf Open 2024. All players and their supporters gathered at the London Golf Club on July 1 for the competition and awards ceremony. The event saw enthusiastic participation from players of all skill levels, who enjoyed a day of camaraderie, competition, and cultural celebration.

In meeting with the UK Chinese Sports Federation, the organiser of the event, Director-General of the London ETO, Mr Gilford Law, remarked, "This year marks the 27th year since Hong Kong's return to the motherland. It is also an important year for Hong Kong to advance from stability to prosperity. We are delighted to support the UK Chinese Golf Open and sponsor the Reunification Cup. This event not only showcases the talents of the Chinese community in the UK but also commemorates a pivotal moment in Hong Kong's history."

Mr Law also thanked the Federation for telling the world the good stories of Hong Kong, and stressed that the HKSAR Government will continue to promote sports development in Hong Kong by supporting elite sports, enhancing professionalism, maintaining Hong Kong as a centre for major international sports events, developing sports as an industry, and promoting sports in the community.

â€œEstablished in 1995, the UK Chinese Sports Federation is a non-profit organisation committed to the promotion and development of sports within the local community.

