

Red flags hoisted at Hung Shing Yeh Beach and Pui O Beach

Attention TV/radio announcers:

Please broadcast the following as soon as possible:

Here is an item of interest to swimmers.

The Leisure and Cultural Services Department announced today (July 2) that due to big waves, red flags have been hoisted at Hung Shing Yeh Beach and Pui O Beach in Islands District. Beachgoers are advised not to swim at these beaches.

LegCo to consider Social Workers Registration (Amendment) Bill 2024

The following is issued on behalf of the Legislative Council Secretariat:

The Legislative Council (LegCo) will hold a meeting tomorrow (July 3) at 11am in the Chamber of the LegCo Complex. During the meeting, the Second Reading debate on the Social Workers Registration (Amendment) Bill 2024 will resume. If the Bill is supported by Members and receives its Second Reading, it will stand committed to the committee of the whole Council. After the committee of the whole Council has completed consideration of the Bill and its report is adopted by the Council, the Bill will be set down for the Third Reading.

Meanwhile, the Second Reading debates on the Deposit Protection Scheme (Amendment) Bill 2024 and the Building Management (Amendment) Bill 2023 will also resume. If the Bills are supported by Members and receive their Second Reading, they will stand committed to the committee of the whole Council. After the committee of the whole Council has completed consideration of the Bills and their reports are adopted by the Council, the Bills will be set down for the Third Reading.

On Member's bill, the Hong Kong Institute of Qualified Environmental Professionals Bill will be introduced into the Council for the First Reading and the Second Reading. The Second Reading debate on the Bill will be adjourned.

On Members' motions, Mr Yim Kong will move a motion on promoting co-operation between Guangdong and Hong Kong and consolidating Hong Kong's

position as an international maritime centre. The motion is set out in Appendix 1. Mrs Regina Ip will move an amendment to Mr Yim Kong's motion.

Ms Lillian Kwok will also move a motion on supporting students with special educational needs and improving the policy on integrated education in Hong Kong. The motion is set out in Appendix 2. Mr Tang Fei will move an amendment to Ms Lillian Kwok's motion.

Members will also ask the Government 22 questions on various policy areas, six of which require oral replies.

The agenda of the above meeting can be obtained via the LegCo Website (www.legco.gov.hk). Members of the public can watch or listen to the meeting via the "Webcast" system on the LegCo Website. To observe the proceedings of the meeting at the LegCo Complex, members of the public may call 3919 3399 during office hours to reserve seats.

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 2) 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.

SHETO organises diversified events in Shanghai to celebrate 27th anniversary of HKSAR establishment (with photos)

To celebrate the 27th anniversary of the establishment of the Hong Kong Special Administrative Region (HKSAR), the Hong Kong Economic and Trade Office in Shanghai (SHETO) unveiled a series of diverse events today (July 1) in Shanghai to encourage Mainland citizens to experience the joy of Hong Kong's return to the motherland.

SHETO today held a reception at Zhang Yuan, a famous Shanghai-styled complex, to celebrate the 27th anniversary of Hong Kong's return to the motherland. Some 130 representatives from relevant government departments, institutions, chambers of commerce, enterprises and Hong Kong groups in Shanghai attended the reception.

Delivering a speech at the reception, the Director of SHETO, Mrs Laura Aron, said the ties between Shanghai and Hong Kong have been strong over the past years. The Sixth Plenary Session of the Hong Kong/Shanghai Co-operation Conference was held in Hong Kong in April this year, where consensus was reached on further measures in 15 co-operation areas. A total of 20 co-operation agreements were signed by government departments and relevant organisations. The successful conference marked a new milestone and created new opportunities for Shanghai-Hong Kong co-operation.

Mrs Aron thanked the Shanghai Municipal Government for its high regard for Shanghai-Hong Kong co-operation over the years, as well as for its continuous support of Hong Kong and SHETO.

The reception also featured performances by several emerging young Hong Kong artists, showcasing the charm of Hong Kong's diverse cultural offerings through performances of Cantonese opera and a string quartet.

SHETO also organised an exhibition at Zhang Yuan with the theme of "Fun in Hong Kong", promoting Hong Kong's diversity and fresh new travel experiences to visitors to implement the concept of "tourism is everywhere in Hong Kong". The exhibition featured various interactive games for the public to experience and feel Hong Kong in different forms. These included using generative artificial intelligence technology to create Hong Kong-themed characters, location identification based on sounds, simulating a tram tour of Hong Kong, and more, all designed to arouse people's interest in visiting Hong Kong and experiencing it first-hand.

The exhibition also presented a calendar of over 100 major events in Hong Kong for the second half of the year, including cultural and artistic events, sports activities, conferences and exhibitions, financial and economic initiatives, festivals and celebrations, and performances in various fields. Additionally, a dedicated area was set up to introduce Hong Kong's various talent schemes, welcoming talent and professionals from different industries and sectors to develop, work, and settle in Hong Kong.

The exhibition is open to the public from today until July 7 (Sunday) on the first floor of Building W7, Zhang Yuan, Shanghai. Admission is free.

SHETO also collaborated with the Hong Kong Tourism Board to showcase the latest tourism features of Hong Kong by dressing up two sightseeing trams in Shanghai's bustling Nanjing East Road pedestrian mall. These cars will shuttle along the street until July 31. Visitors from around the world and Mainland China can obtain the latest travel information about Hong Kong while experiencing the urban landscape of Shanghai during the ride.

SHETO will continue to hold exhibitions, cultural performances, youth activities, and economic and trade seminars in the East China region (Shanghai, Jiangsu, Zhejiang, Anhui, and Shandong provinces) to comprehensively promote Hong Kong to Mainland audiences. Members of the public can learn more details on SHETO's official WeChat account.



