

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 (May 18) 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;
- Apply a broad-spectrum water-resistant sunscreen product with a sun

protection factor (SPF) of at least 30 or higher when participating in outdoor activities. Reapply every two hours if you need to stay outdoors for a prolonged period, or after swimming, sweating or towelling off;

- While using DEET-containing insect repellents for personal protection against mosquito-borne diseases, apply sunscreen first, then insect repellent;
- Seek shade;
- Wear UV-blocking sunglasses;
- Wear long-sleeved and loose-fitting clothes; and
- Wear a wide-brimmed hat or use an umbrella.

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.

DH continues to clamp down on illegal waterpipe smoking in no smoking areas (with photo)

The Tobacco and Alcohol Control Office (TACO) of the Department of Health (DH) continued to clamp down on illegal waterpipe smoking in no smoking areas by conducting another enforcement operation, codenamed "Pipepurge", in Tsim Sha Tsui last night (May 17) and issued a total of two fixed penalty notices (FPNs).

During the operation, officers from TACO (including plainclothes officers) carried out inspections and enforcement action at one bar in Tsim Sha Tsui, and issued a total of two FPNs to persons illegally smoking waterpipes. TACO's investigation is ongoing, and prosecution may also be taken against operators of the bar who are suspected of aiding and abetting smoking offences. TACO will also refer the cases to the Liquor Licensing Board for appropriate follow-up action.

Under the Ordinance, conducting a smoking act in a statutory no smoking area (such as indoor areas of bars or restaurants) is prohibited. Any person doing a smoking act in statutory no smoking areas is liable to a fixed penalty of \$1,500. Moreover, where smoking products (including waterpipes) are sold, in bars or otherwise, the restrictions on the promotion and sale of smoking products stipulated in the Ordinance apply. Offenders are liable on summary conviction to a maximum fine of \$50,000. Venue managers of statutory no smoking areas are empowered by the Ordinance to request a smoking offender cease the act; if the offender is not co-operative, the manager may contact the Police for assistance.

In addition, under the Criminal Procedure Ordinance, any person who aids, abets, counsels or procures the commission by another person of any offence shall be guilty of the same offence.

"The DH will continue to closely monitor and take stringent enforcement action against illegal waterpipe smoking. Last year (2024), TACO conducted 162 operations against illegal waterpipe smoking activities in no smoking areas. A total of 162 FPNs were issued against smoking offenders, while 89 summonses were issued to staff members and operators of the bars/restaurants for other related offences," the Head of TACO, Dr Manny Lam said.

Dr Lam reminded the public that waterpipe is a smoking product, and its combustion of fuel (e.g. charcoal) releases carbon monoxide. Exposure to a low concentration of carbon monoxide can lead to a range of symptoms such as dizziness, headache, tiredness and nausea; whereas exposure to a high concentration of carbon monoxide can lead to impaired vision, disturbed co-ordination, unconsciousness, brain damage or even death. People should seek medical attention immediately if they suspect they are developing symptoms of carbon monoxide poisoning.

A typical one-hour waterpipe smoking session exposes the user to 100 to 200 times the volume of smoke inhaled from a single conventional cigarette. Moreover, sharing a waterpipe apparatus increases the risk of transmitting infectious diseases, such as tuberculosis.

He cautioned against waterpipe smoking and the use of other smoking products. Smokers should quit smoking as early as possible for their own health and that of others. For more information on the hazards of waterpipe smoking, please visit www.livetobaccofree.hk/pdfs/waterpipe_leaflet_new.pdf.



Liquor Licensing Board to meet on Tuesday

The following is issued on behalf of the Liquor Licensing Board:

The Liquor Licensing Board will meet on Tuesday (May 20) to consider two applications for new issue and renewal of liquor licences.

The applications are (not in order of discussion):

New Territories:

LEEDER QUAYSIDE in Mui Wo

Mei Mun Restaurant in Yuen Long

The meeting will be held at 9.45am in the conference room, Room 102, 1/F, 258 Queen's Road East, Wan Chai. Members of the public are welcome to attend.

Ombudsman's proactive participation in international ombudsman meetings yields fruitful results and showcases Hong Kong's close connections to the world (with photos)

The following is issued on behalf of the Office of The Ombudsman:

The Ombudsman, Mr Jack Chan, and his delegation concluded the visit to Morocco on May 16. While attending the Board Meeting of the International Ombudsman Institute (IOI), Mr Chan presided at the second meeting of the IOI's Standing By-laws Committee as the Chairman. The Committee comprises members from other countries and regions including Mexico, Korea, Taiwan, Austria and Malta. During that meeting, Mr Chan engaged in meaningful exchanges and an in-depth discussion with other attending members, successfully reaching a mutual agreement. In the subsequent Board Meeting of IOI, Mr Chan presented the discussion result and work progress, which were acknowledged by all Board Members.

Besides, Mr Chan attended IOI's United Nations and International Cooperation Working Group as a member, deliberating on relevant issues with other members from over ten countries and regions as well as optimising effective promotion of international ombudsman affairs.

During the Board Meeting, Mr Chan exchanged views and ideas with ombudsmen and organisation representatives of around 20 countries and regions, strengthening the ties with these counterparts while fostering co-operation at an international level. His proactive participation also demonstrated Hong Kong's important position of having strong support from the motherland and close connections to the world. Mr Chan invited major IOI Members and international counterparts including the IOI President and Ombudsman of Mexico City, Ms Nashieli Ramírez Hernández; the IOI Secretary General and Austrian Ombudsman, Mr Bernhard Achitz; the Mediator of the Kingdom of Morocco, Mr Hassan Tariq; and the Chief Ombudsman of Thailand, Mr Somsak Suwansujarit, to visit Hong Kong for exchanges and discussions on signing of a Memorandum of Understanding, with an aim to explore opportunities for international cooperation. The invitations also serve to showcase Hong Kong's distinctive advantage of having close connectivity with the Mainland and the world under the "one country, two systems" and its advancement from stability to prosperity.

