

## **Park located east of Fan Kam Road opens on September 4**

The Leisure and Cultural Services Department (LCSD) announced today (September 3) that the park located east of Fan Kam Road (i.e. part of the Old Course of the Fanling Golf Course), will open for public use from 11am tomorrow (September 4) after clean-up works to remove fallen trees caused by the typhoon is completed.

The facilities opening tomorrow include an Inclusive Park for Pets at the northern end of the park, a walking trail and a fee-charging public carpark that operates 24 hours a day. After the opening, the Inclusive Park for Pets will be open from 7am to 6pm, while the walking trail will be open from 7am to 9pm.

Members of the public who plan to visit the park can walk from Exit B1 of the Sheung Shui MTR Station in about 20 minutes, or take various bus and minibus routes to get there. A fee-charging public carpark is also available.

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## **Red flag hoisted at Clear Water Bay First 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 (September 3) that due to big waves, red flag has been hoisted at Clear Water Bay First Beach in Sai Kung District. Beachgoers are advised not to swim at the beach.

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## **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 (September 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.

"Children, the elderly, the obese and those with chronic illnesses, such as heart disease or high blood pressure, 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;
- 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 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 sun protection factor (SPF) of 15 or above. Apply liberally and reapply 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.

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.

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.

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## [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.

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## [Red flags hoisted at several beaches](#)

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 (September 3) that according to the Beach Water Quality Forecast System of the

Environmental Protection Department, the Beach Water Quality Forecast Index of Shek O Beach in Southern District, Hong Kong Island; Butterfly Beach, Kadoorie Beach and Golden Beach in Tuen Mun District; Ma Wan Tung Wan Beach, Ting Kau Beach and Anglers' Beach in Tsuen Wan District is 4, which means the water quality is "Very Poor". The red flag has been hoisted and beachgoers are advised not to enter the water to safeguard their health.