

# 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 (June 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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## [Territory-wide flag day today](#)

Yan Oi Tong Limited has been issued a Public Subscription Permit to hold a territory-wide flag sale from 7am to 12.30pm today (June 3), a spokesman for the Social Welfare Department (SWD) said.

Details of the charitable fund-raising activities, including any updated information, covered by the issued Public Subscription Permits have been published on the GovHK website ([www.gov.hk/en/theme/fundraising/search](http://www.gov.hk/en/theme/fundraising/search)). Permits for flag days containing information on contact methods of the flag-selling organisations and the approved flag-selling activities have also been uploaded to the SWD's website ([www.swd.gov.hk/en/index/site\\_pubsvc/page\\_controlofc/sub\\_flagdays](http://www.swd.gov.hk/en/index/site_pubsvc/page_controlofc/sub_flagdays)) for reference. For enquiries, please call the SWD's hotline at 2343 2255, or the designated hotline of the 1823 Call Centre at 3142 2678.

In the case of suspected fraudulent flag day activities, people should not make any donation and should immediately report the matter to the Police, the spokesman added.

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## Murder in Wong Tai Sin

Police are investigating a murder case happened in Wong Tai Sin yesterday afternoon (June 2), in which a 22-year-old woman and a 26-year-old woman died.

At about 5.15pm, Police received reports that two women were assaulted by a man with a knife in a shopping mall on 3 Lung Poon Street.

Police officers sped to the scene and found both women lying unconsciously on the floor. Sustaining multiple stab wounds, they were rushed to the United Christian Hospital. The 26-year-old woman was certified dead at 6.06pm and the 22-year-old woman was certified dead at 6.47pm.

After initial investigation, Police arrested a 39-year-old man for murder at scene. He is being detained for further enquiries.

A 12-inch-long knife in suspected connection with the case was seized at scene.

Post-mortem examinations will be conducted later to ascertain the causes of their deaths.

Active investigation by the Regional Crime Unit of Kowloon East is underway.

Anyone who witnessed the case or has any information to offer is urged to contact the investigating officers on 3661 0095 or 5975 1031.

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# Government announces composition of four sub-committees under Advisory Committee on the Northern Metropolis

The Government today (June 2) announced the composition of the four sub-committees under the Advisory Committee on the Northern Metropolis (ACNM). The four sub-committees are the Sub-Committee on Planning, Land and Conservation; the Sub-Committee on Development of Industries; the Sub-Committee on Transport and Other Infrastructure; and the Sub-Committee on Promotion and Public Engagement.

The ACNM, chaired by the Financial Secretary, Mr Paul Chan, has earlier decided to establish the four aforementioned sub-committees for more in-depth discussion of the relevant issues. The four sub-committees will meet soon to take forward the work concerned.

Mr Chan said, "The Northern Metropolis project covers a wide range of areas such as land and housing, development of industries, transport infrastructure, etc. The establishment of the four sub-Committees will allow us to listen to views from all walks of life on different issues in a wider and more in-depth manner, and jointly take forward the comprehensive and sustainable development of the Northern Metropolis. I sincerely thank members who have joined the sub-committees."

The membership lists of the four sub-committees are at Annex.