

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 31) 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.

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.

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.

HKSAR Government demands apology by Amnesty International for unfounded

remarks

The Hong Kong Special Administrative Region (HKSAR) Government noted that Amnesty International today (May 30) corrected on the website its earlier fabricated remarks which alleged that a Uyghur person went missing after arriving in Hong Kong, confirming that the person did not go to the city. The HKSAR Government expressed disapproval and outrage that the organisation did not apologise for its unfounded, despicable and fallacious remarks which maliciously smeared the HKSAR Government.

The organisation not only refused to admit its mistakes, but also claimed that it would continue to monitor the human rights situation in Hong Kong and the Mainland, attempting to cover up its mistakes and excuse itself for making the fabricated and malicious remarks that slandered Hong Kong and the Mainland. The HKSAR Government despises the act and hopes that the organisation can make a sincere apology responsibly.

SCST meets with Director-General of Shandong Provincial Department of Culture and Tourism (with photos)

The Secretary for Culture, Sports and Tourism, Mr Kevin Yeung, today (May 30) met with the Director-General of Shandong Provincial Department of Culture and Tourism, Ms Wang Lei, to exchange views on collaboration between Hong Kong and Shandong on cultural and tourism fronts.

Mr Yeung said, "Hong Kong is positioned as an East-meets-West centre for international cultural exchange under the National 14th Five-Year Plan. The country's Culture and Tourism Development Plan for the Guangdong-Hong Kong-Macao Greater Bay Area clearly supports Hong Kong in developing into an international tourism hub and a core demonstration zone for multi-destination tourism. Since its establishment, the Culture, Sports and Tourism Bureau has been integrating into the national development based on the principle of 'shaping tourism with cultural activities and promoting culture through tourism'. Shandong Province is rich in tourism and cultural resources. The two sides can collaborate and contribute to creating unique experiences in Chinese culture and tourism, as well as telling the good stories of China and Hong Kong."

Hong Kong has been promoting exchanges and collaboration with Shandong Province in arts and culture including performing arts and exhibitions, which were well-received by the public of both sides. Various performing groups in

Shandong Province have been invited to join the China Opera Festival presented by the Leisure and Cultural Services Department (LCSD). The Shandong Provincial Department of Culture and Tourism also jointly organised "Genesis and Spirit – Enchanting Shandong · An Exhibition on the Intangible Cultural Heritage of Shandong" with the LCSD in 2019.

Moreover, the Hong Kong Tourism Board (HKTB) has been maintaining communication with the travel trade of Shandong province to promote Hong Kong's tourism to Shandong. This year, the HKTB arranged travel agents of Shandong to join the "Hello Hong Kong" Mainland China Travel Trade Familiarization Group in Hong Kong and the MICE (meetings, incentive travels, conventions and exhibitions) industry meetup in Shanghai to offer them the latest information on MICE travel and the most direct resources matching platform, in order to facilitate the recovery of Hong Kong's MICE tourism.



[LegCo Panel on Manpower visits Occupational Safety and Health Academy \(with photos\)](#)

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

The Legislative Council Panel on Manpower visited the Occupational Safety and Health Academy of the Occupational Safety and Health Council

(OSHC) today (May 30) to learn more about the Academy's training facilities designed to improve the occupational safety and health (OSH) of practitioners of different industries.

Members first received a briefing by representatives of OSHC on its latest work on fostering a safe and healthy working culture and environment in Hong Kong. They then visited a number of training facilities in the Academy, including the Solar Cooling Kiosk, which is the first-generation rest station designed by OSHC for workers working in outdoor and remote areas to prevent heat stroke at work. Members understood that the kiosk, equipped with air-cooling and ventilation appliances, is powered by solar energy, addressing the challenge of finding electricity supply in rural and remote areas.

Members also went to the OSH Immersive Experience Hall to experience different mock accidents in industrial undertakings with the help of virtual reality technology, to understand the importance of adhering to safety measures. They then visited other training venues and facilities, which provide various interactive teaching as well as simulated work environments for different industries, including those for working-at-height, maintenance of external walls of buildings and catering kitchen, etc.

During the visit, Members also exchanged views with representatives of OSHC on what other trainings or courses could be provided to employers and practitioners of different industries for further enhancing the OSH performance in Hong Kong.

Members who joined the visit were the Chairman of the Panel, Mr Luk Chung-hung; the Deputy Chairman, Mr Lam Chun-sing; and Panel members Mr Chau Siu-chung, Ms Lillian Kwok, Mr Kingsley Wong and Dr Ngan Man-yu.



