

# 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 8) 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.

"The obese, the sick, including those with heart disease or high blood pressure, the old and the young are more vulnerable to heat-related illnesses. 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 late afternoon;
- For indoor activities, open all windows, use a fan or use air-conditioning to maintain good ventilation; 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 toweling 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 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.

---

## Assess the risk of heat stroke to employees

Attention duty announcers, radio and TV stations:

Please broadcast the following special announcement immediately, and repeat it at frequent intervals when the Very Hot Weather Warning is in force:

The Labour Department reminds employers that as the Very Hot Weather Warning is in force, they should assess the risk of heat stroke to their employees and adopt effective preventive measures such as providing cool drinking water, setting up temporary sunshade, providing mechanical aids to reduce physical exertion of employees and providing for employees as far as practicable covered space with good ventilation for rest and meals. Employees should drink water regularly and be mindful of their physical condition. If early heat stroke symptoms such as headache and thirst appear, they should rest in a cool or shady place and drink water immediately. They should also inform their supervisors to take appropriate action.

---

# 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.

---

## Government gazettes compulsory testing notice

The Government exercises the power under the Prevention and Control of Disease (Compulsory Testing for Certain Persons) Regulation (Cap. 599J) and publishes in the Gazette a compulsory testing notice, which requires any person who had been present at 15 specified premises during the specified period (persons subject to compulsory testing) to undergo a COVID-19 nucleic acid test.

The Government was notified today (July 7) of a non-locally confirmed case with L452R mutant strain who had lived in Hong Kong. Since the case had been present at 14 specified premises, relevant persons are required to undergo compulsory testing. Also, in relation to a previous case with L452R mutant strain and epidemiological linkage with an imported case, any person who had been present at a specified premises during the specified period had to undergo additional testing. For prudence's sake, persons who had been present at these 15 specified premises and have completed a COVID-19 vaccination course also have to undergo compulsory testing.

Details of the compulsory testing notice are in Annex 1.

Subsequent to the announcement by the CHP on the updated quarantine arrangements of local COVID-19 cases with mutant strain, persons who resided or worked within the same building as the residence of relevant cases and had

been released from the quarantine centres will be subject to compulsory testing on the third, seventh, 12th and 19th day counting from the announcement of the relevant confirmed case by the Department of Health (DH). Relevant persons have to undergo testing on specified dates. They will also be required to undergo self-monitoring until the 21st day (see the details of the buildings and dates of testing at [www.coronavirus.gov.hk/pdf/CTN\\_Specified\\_premises\\_and\\_Dates\\_of\\_Testing.pdf](http://www.coronavirus.gov.hk/pdf/CTN_Specified_premises_and_Dates_of_Testing.pdf)).

In accordance with the compulsory testing notice issued earlier, all household members of close contacts are required to undergo compulsory testing. Any person who had lived with a person placed under quarantine pursuant to section 22 of the Prevention and Control of Disease Regulation (Cap. 599A) (person under quarantine) in the same residential unit on the date of commencement of quarantine or during the 14 days before that day, and who becomes aware of the quarantine of the person under quarantine when the relevant quarantine has not yet been completed, has to undergo testing within two days of him or her becoming aware that the person under quarantine has been placed under quarantine and report to the Government the result of the test by phone (6275 6901), fax (2530 5872) or email (ct@csb.gov.hk) within three days of undergoing the test.

Community testing centres (CTCs) provide testing services for the public, including free service for persons subject to compulsory testing. Booking and walk-in services are available. Members of the public only need to provide simple personal information on the 24-hour booking system ([www.communitytest.gov.hk/en](http://www.communitytest.gov.hk/en)). The system shows the booking status of the centres for the coming three weeks to facilitate the public's planning and selection of a suitable testing centre and a time slot for testing. The testing centres will accord priority to serve individuals with advance bookings. As of 6pm today, there were around 24 000 booking places available for tomorrow (July 8) at the CTCs, and around 85 per cent and 91 per cent availability for booking places for the coming seven days and 14 days respectively. Members of the public may call the testing centres for enquiries on the availability of bookings or walk-in quotas before visiting the centres.

As persons who resided or worked within the same building as the residence of local COVID-19 cases with mutant strain will be subject to compulsory testing on the third, seventh, 12th and 19th day following the announcement of the relevant confirmed cases by the DH, specified persons in relation to Block 10 of Tai Po Centre and Port Centre in Aberdeen have to undergo compulsory testing tomorrow. The Government will set up mobile specimen collection stations at open area outside Block 10 of Tai Po Centre and lay-by on Nam Ning Street (outside entry of Carpark of Site 4 & 5, Aberdeen Centre) tomorrow to provide free testing service for residents and workers subject to compulsory testing. The service period of the mobile specimen collection station at North Transition Deck, L6, Terminal 1, Hong Kong International Airport will be extended to July 9 (Friday). Outdoor mobile specimen collection stations will be closed if the Strong Wind Signal No. 3 or Red Rainstorm Warning Signal is hoisted while all mobile specimen

collection stations together with all CTCs will be closed when the No. 8 Gale or Storm Signal or higher or Black Rainstorm Warning Signal is hoisted.

Coupled with 18 CTCs, there will be a total of 35 CTCs/mobile specimen collection stations in various districts tomorrow to provide free service for persons subject to compulsory testing. The testing capacity should be sufficient to meet the demand. The opening dates and operating hours of the mobile specimen collection stations in various districts providing free COVID-19 nucleic acid testing services for the general public are stated in Annex 2. Persons subject to compulsory testing and those with the "LeaveHomeSafe" COVID-19 exposure notification or SMS notification from the CHP reminding them to undergo testing as soon as possible may receive free testing at CTCs or mobile specimen collection stations (if the service scope is applicable).

Persons subject to compulsory testing may choose to undergo testing via the following routes:

1. To visit any of the mobile specimen collection stations (see the list and target groups (if applicable) at [www.coronavirus.gov.hk/eng/early-testing.html](http://www.coronavirus.gov.hk/eng/early-testing.html)) for testing;
2. To attend any of the CTCs (see the list at [www.communitytest.gov.hk/en](http://www.communitytest.gov.hk/en));
3. To obtain a deep throat saliva specimen collection pack from any of the 121 post offices, vending machines set up at 20 MTR stations or 47 designated general outpatient clinics (GOPCs) of the Hospital Authority and return the specimen to one of the designated specimen collection points (see the distribution points and times, and the specimen collection points and times, at [www.coronavirus.gov.hk/eng/early-testing.html](http://www.coronavirus.gov.hk/eng/early-testing.html));
4. To undergo testing at any of the GOPCs of the Hospital Authority as instructed by a medical professional of the Hospital Authority;
5. To self-arrange testing provided by private laboratories which are recognised by the DH and can issue SMS notifications in respect of test results (see the list at [www.coronavirus.gov.hk/pdf/List\\_of\\_recognised\\_laboratories\\_RTPCR.pdf](http://www.coronavirus.gov.hk/pdf/List_of_recognised_laboratories_RTPCR.pdf)); or
6. To use a specimen bottle distributed to the relevant specified premises by the CHP (if applicable), and return the specimen bottle with the sample collected as per relevant guidelines.

A spokesman for the Food and Health Bureau cautioned that testing received at the Accident and Emergency Departments of the Hospital Authority or during hospital stays, or testing provided by private laboratories which cannot issue SMS notifications in respect of test results, does not comply with the requirements of the aforementioned compulsory testing notice.

"If persons subject to compulsory testing have symptoms, they should seek medical attention immediately and undergo testing as instructed by a medical professional. They should not attend the mobile specimen collection stations or the CTCs."

Persons subject to compulsory testing must keep the SMS notifications containing the result of the test for checking by a law enforcement officer when the officer requires the persons to provide information about their

undergoing the specified test.

Furthermore, persons subject to testing under the compulsory testing notices should, as far as reasonably practicable, take appropriate personal disease prevention measures including wearing a mask and maintaining hand hygiene, and, unless for the purpose of undergoing the specified test, stay at their place of residence and avoid going out until the test result is ascertained as far as possible.

Any enquiries on compulsory testing arrangements may be addressed to the hotline at 6275 6901, which operates daily from 9am to 6pm. If persons subject to compulsory testing plan to conduct testing at any of the CTCs, they can check the centre's appointment status in advance. The hotlines of the CTCs are available at [www.communitytest.gov.hk/en/info](http://www.communitytest.gov.hk/en/info).

The Government will continue to trace possibly infected persons who had been to the relevant premises, and seriously verify whether they had complied with the testing notices. Any person who fails to comply with the testing notices commits an offence and may be fined a fixed penalty of \$5,000. The person would also be issued with a compulsory testing order requiring him or her to undergo testing within a specified time frame. Failure to comply with the order is an offence and the offender would be liable to a fine at level 4 (\$25,000) and imprisonment for six months.

Relevant officers of different government departments are empowered to perform certain functions under the relevant Regulations under the Prevention and Control of Disease Ordinance (Cap. 599), including requesting individuals to provide information and assistance when necessary. Any person who fails to comply with the relevant request commits an offence and would be liable to a fine at level 3 (\$10,000). Collection and use of any personal data for conducting COVID-19 tests must meet the requirements under the Personal Data (Privacy) Ordinance (Cap. 486). Government departments or testing service providers which handle the relevant information may provide the data to the DH or other relevant departments for anti-epidemic purposes as necessary. The workflow does not involve the provision of any personal data to organisations or persons outside Hong Kong.

The spokesman said, "The Government urges all individuals who are in doubt about their own health conditions, or individuals with infection risks (such as individuals who visited places with epidemic outbreaks or contacted confirmed cases), to undergo testing promptly for early identification of infected persons."

---

## [Latest shipment of Comirnaty vaccine](#)

## arrives in Hong Kong

The latest shipment of about 630 000 doses of the Comirnaty vaccine, manufactured by BioNTech and filled and finished at a plant in Baxter, Germany, arrived in Hong Kong today (July 7) as arranged by Fosun Pharma.

Soon after the arrival of the latest batch of the Comirnaty vaccine in Hong Kong, staff carried out stringent checking and inspection of the vaccine in accordance with established procedures to ensure that it complies with the product specifications and that the transportation process follows the relevant cold-chain requirements. The Government will put the vaccine in validated ultra-low temperature freezers to ensure its proper storage in accordance with the temperature specified by the drug manufacturer.

The Government has launched the COVID-19 Vaccination Programme. Members of the public are encouraged to get vaccinated. Details of the programme can be found at the designated website ([www.covidvaccine.gov.hk](http://www.covidvaccine.gov.hk)).