

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 24) 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 to gazette compulsory testing notice

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

A spokesman for the Food and Health Bureau reminded the public that persons who have completed a COVID-19 vaccination course would be taken to have complied with the requirements set out in the compulsory testing notices and hence are not required to undergo compulsory testing. Completion of the vaccination course in general means having received two doses of COVID-19 vaccine 14 days ago.

Since a preliminary positive case involving N501Y mutant strain recorded today (May 23) had been present at two specified premises, relevant persons are required to undergo compulsory testing. Furthermore, in view of another preliminary positive case recorded today, two specified places will also be included in the compulsory testing notice.

Details of the compulsory testing notice are at Annex 1.

In addition, subsequent to the announcement by the Centre for Health

Protection (CHP) on the updated quarantine arrangements of local COVID-19 cases with the N501Y 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 3rd, 7th, 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).

Moreover, all foreign domestic helpers (FDHs) working in Hong Kong have to undergo compulsory testing for the second time during the period from May 15 to May 30. Details are [here](#).

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 (at 6275 6901), fax (at 2530 5872) or email (ct@csb.gov.hk) within three days of undergoing the test.

Currently, there are a total of 21 community testing centres (CTCs) providing 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). The system was enhanced to show the booking status of the centres for the coming 21 days 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. The number of tests available for appointments at CTCs has been increased to over 46 000 per day, and additional manpower has been deployed to serve the public. As of 6pm today, there are around 22 000 booking places available for tomorrow (May 24) at the CTCs, and around 73 per cent and 85 per cent 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.

Coupled with the 21 CTCs, there will be a total of 45 CTCs/mobile specimen collection stations in various districts tomorrow to provide free service for persons subject to compulsory testing (including FDHs). 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).

From May 15 to 22, more than 180 000 FDHs have submitted specimens at CTCs and mobile specimen collection stations or returned their deep throat saliva specimens. Close to 50 000 bookings at CTCs have been made for FDHs, and more than 240 000 quotas are still available from tomorrow to May 30 for all members of the public. The Government reminds FDHs who have made bookings to visit their selected centre at the booked time slot for testing, and employers may assist those who have yet to receive testing to book online and utilise the remaining quotas. As usage is lower at CTCs and mobile specimen collection stations during weekdays and waiting time is shorter, FDHs who have yet to receive testing are appealed to receive testing soonest possible without waiting until the weekend.

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) for testing;
2. To attend any of the community testing centres (see the list at 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);
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); 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.

The spokesman cautioned that testing received at 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 community testing centres."

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 community testing centres, they can check the centre's appointment status in advance. The hotlines of the community testing centres are available at 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."

COVID-19 Vaccination Programme statistics

The COVID-19 Vaccination Programme has been implemented for the 87th day since February 26, 2021.

So far, about 2 146 700 doses of COVID-19 vaccines have been administered for members of the public (please see Annex 1). Among them, about 1 254 800 persons have received their first dose, with about 536 100 persons receiving the Sinovac vaccine and about 718 700 persons receiving the BioNTech vaccine. About 891 800 persons have received their second dose, with about 397 100 persons receiving the Sinovac vaccine and about 494 700 persons receiving the BioNTech vaccine.

In the last 24 hours ending at 8pm today (May 23), about 28 800 persons have received vaccination and about 13 700 new vaccination bookings have been made online, detailed as follows:

(i) About 4 000 persons received their first dose of the Sinovac vaccine, including about 3 400 persons vaccinated at Community Vaccination Centres (CVCs) and about 600 persons at private doctors and clinics participating in the programme;

(ii) about 3 900 persons received their second dose of the Sinovac vaccine, including about 3 500 persons vaccinated at CVCs and about 400 persons at private doctors and clinics;

(iii) about 7 800 persons received their first dose of the BioNTech vaccine at CVCs, and about 13 100 persons received their second dose of the BioNTech vaccine;

(iv) the overall percentage of people who have received the Sinovac vaccine at CVCs is about 96 per cent; while the overall percentage of people who have received the BioNTech vaccine at CVCs is about 95 per cent; and

(v) about 4 300 persons have made online bookings for receiving their first and second doses of the Sinovac vaccine, while about 9 400 persons have made online bookings for receiving their first and second doses of the BioNTech vaccine.

In the last 24 hours ending at 0.00am today, there were 13 cases of ambulance transfers to hospitals. Among them, 12 persons were discharged and one person was admitted for observation (please see Annex 2).

As background information, in the last 24 hours ending at 0.00am today, there were 43 cases of stroke or myocardial infarction that required admission to the Intensive Care Unit, Acute Stroke Unit and Cardiac Care Unit of public hospitals. The state of new cases admitted to the wards concerned

is provided as a cross reference to enhance fuller public understanding of cases of the kind recorded on vaccine recipients.