

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 18) 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.

Approval letters to be issued to successful applicants under White Form Secondary Market Scheme 2020

The following is issued on behalf of the Hong Kong Housing Authority:

Following the ballot for the White Form Secondary Market Scheme 2020 (WSM 2020) drawn on December 15, 2020, the Hong Kong Housing Authority (HA) has completed detailed vetting of the eligibility of the applicants. Approval and confirmation letters for the 4 500 successful applicants (4 050 family applicants and 450 one-person applicants) will be issued on May 21.

"Each successful applicant will be issued with one Approval Letter and two Confirmation Letters. One Confirmation Letter is applicable to the HA's Home Ownership Scheme (HOS) Secondary Market while the other is applicable to the Hong Kong Housing Society (HS)'s Flat-for-Sale Scheme (FFSS) Secondary Market. Within six weeks from the date of issue, holders of the Approval Letters may submit the Confirmation Letters to the HA and/or the HS for application for the Certificate of Eligibility to Purchase (CEP) to purchase a flat with premium not yet paid in the HA's HOS Secondary Market or the HS' FFSS Secondary Market. The fee for each CEP is HK\$770," a spokesman for the HA said today (May 18).

"The CEP is valid for 12 months from the date of issue and no extension

will be granted upon its expiry. To complete the transaction, holders of the CEP need to apply for a Letter of Nomination from the HA or the HS after they have entered into a Provisional Agreement for Sale and Purchase (PASP). The applicant and the family member(s) listed in the application form must meet the eligibility criteria of the WSM 2020 from submission of the application form up to the date of signing the PASP," he said.

The list of successful applications will be uploaded on May 21 to the website for WSM 2020 (www.housingauthority.gov.hk/wsm/2020).

COVID-19 Vaccination Programme statistics

The COVID-19 Vaccination Programme has been implemented for the 81st day since February 26, 2021.

So far, about 1 984 300 doses of COVID-19 vaccines have been administered for members of the public (please see Annex 1). Among them, about 1 180 400 persons have received their first dose, with about 509 900 persons receiving the Sinovac vaccine and about 670 600 persons receiving the BioNTech vaccine. About 803 800 persons have received their second dose, with about 372 500 persons receiving the Sinovac vaccine and about 431 300 persons receiving the BioNTech vaccine.

In the last 24 hours ending at 8pm today (May 17), about 29 200 persons have received vaccination and about 13 300 new vaccination bookings have been made online, detailed as follows:

(i) About 4 500 persons received their first dose of the Sinovac vaccine, including about 2 000 persons vaccinated at Community Vaccination Centres (CVCs) and about 2 400 persons at private doctors and clinics participating in the programme;

(ii) about 4 700 persons received their second dose of the Sinovac vaccine, including about 2 200 persons vaccinated at CVCs and about 2 600 persons at private doctors and clinics;

(iii) about 8 000 persons received their first dose of the BioNTech vaccine at CVCs, and about 11 900 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 96 per cent; and

(v) about 4 400 persons have made online bookings for receiving their first and second doses of the Sinovac vaccine, while about 8 900 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 four cases of ambulance transfers to hospitals. Among them, two persons were discharged and two persons were 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.