

# 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 12) 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.

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## [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.

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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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## Service suspension of Hong Kong Registration of Persons Office on May 12

The Immigration Department (ImmD) today (May 11) said that in relation to a person who had visited the Hong Kong Registration of Persons Office on the eighth floor of the Immigration Tower and had subsequently been tested positive for COVID-19, the Government exercised the power under the Prevention and Control of Disease (Compulsory Testing for Certain Persons) Regulation (Cap. 599J) and published in the Gazette a compulsory testing notice, which requires any person who had been present at the relevant office for more than one hour on April 21 has to undergo an additional COVID-19 nucleic acid test. The office will suspend service tomorrow (May 12). Public services of the office will be resumed on the day after (May 13).

Members of the public who have appointments at the Hong Kong Registration of Persons Office may consider proceeding to the office in the days ahead, or the other Registration of Persons Offices for identity card applications and related services without the need to make another appointment. Information on the address and working hours of other Registration of Persons Offices can be obtained at [www.immd.gov.hk/eng/contactus/address.html](http://www.immd.gov.hk/eng/contactus/address.html). For enquiries during the closure of the office, please contact the ImmD by calling the enquiry hotline 3521 6565 from 8.45am to 5.15pm.

During the situation of COVID-19 infection, the department has been strictly implementing various disease prevention measures, including measuring the body temperature of and providing alcohol-based handrub to all persons before their entry into the building, providing employees with masks and other protective equipment, requiring employees to wear masks when performing duties, and stepping up the cleaning and sterilising measures for the working environment.

The department will continue to maintain close liaison with the Centre for Health Protection (CHP), actively co-operate with CHP's quarantine arrangements and has also reminded its staff to pay attention to personal hygiene and stay vigilant. Staff have been reminded to seek medical advice and inform the department as soon as possible if feeling unwell.

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## **CE visits Hong Kong Sports Institute (with photos/video)**

The Chief Executive, Mrs Carrie Lam, this afternoon (May 11) visited the Hong Kong Sports Institute (HKSI) to learn more about the athletes' preparation for the Tokyo Olympics. She extended her best wishes to them and said she believed that the athletes will achieve even better results with the support of members of the public.

Accompanied by the Secretary for Home Affairs, Mr Caspar Tsui; the Commissioner for Sports, Mr Yeung Tak-keung; the Vice-President of the Sports Federation & Olympic Committee of Hong Kong, China, Mr Kenneth Fok, and the Chairman of the Board of Directors of the HKSI, Dr Lam Tai-fai, Mrs Lam visited the coaches and athletes of the Hong Kong fencing team and badminton team respectively to learn more about their training and give them encouragement. She commended the remarkable performance of the Hong Kong athletes in international competitions in recent years, achieving the best results in history in the Asian Games 2018 and winning numerous awards in various top-notch international competitions. A number of athletes are ranking among the top in the world, making members of the public proud. Mrs Lam noted that the athletes are gearing up at full steam for the Tokyo Olympics at present and have been qualified for 27 events so far and are expected to be qualified for over 30 events eventually. She expressed the hope that they can have outstanding performance at the games and bring glory to Hong Kong.

During the visit, Mrs Lam also received a briefing on the progress of the construction of the new facilities building of the HKSI. The new facilities building is expected to be four-storey high, which will provide athletes with world-class training and support facilities and enhance support

services in the area of physical fitness, sports science, sports medicine and more. With funding approved by the Finance Committee of the Legislative Council in July last year, pre-construction works will commence and the building is expected to be completed in 2026.

"The Government is committed to promoting sports for all, supporting elite sports and promoting Hong Kong as a centre for major international sports events. We will continue to implement the Kai Tak Sports Park project and build more sports facilities, substantially increase the subvention for the Sports Federation & Olympic Federation of Hong Kong, China and 60 national sports associations to more than \$500 million a year, and take forward the Five-year Development Programme for Team Sports and the development of disability sports. These measures will help better promote sports and nurture young athletes. In addition, we will give our full support to our athletes in their preparation and participation in the Tokyo Olympic Games and Paralympic Games, as well as assist the HKSI in the construction of its new facilities building to equip athletes with advanced training and support facilities," Mrs Lam said.

"The Government announced this morning that it has, for the first time, bought the TV broadcasting rights of the Tokyo Olympics and five Hong Kong licensed television stations will broadcast the games in accordance with government requirements, allowing all Hong Kong people to watch the games for free, particularly the events participated by Hong Kong athletes. I am pleased to note that it is well received by the sports sector which considered that it is conducive to the long-term sports development in Hong Kong," she said.



