

“World Heritage in China Series No.9: Qinghai Hoh Xil” special stamp issue to feature Hongkong Post’s first-ever “widescreen” stamp (with photos)

Hongkong Post will launch a stamp sheetlet and related philatelic products with the theme "World Heritage in China Series No.9: Qinghai Hoh Xil" on June 23 (Tuesday).

Located in the northwest of Qinghai Province, Qinghai Hoh Xil is a region of frigid alpine grassland situated at an average elevation of 4 500 metres above sea level and covering an area of more than 37 400 square kilometres. It is the largest natural UNESCO World Heritage Site in China and is under strict protection by state laws and regulations. Hoh Xil means the blue ridge in Mongolian, while the Tibetans call the area Aqênganggyai.

Hoh Xil is blessed with extraordinary and unique natural beauty. The towering mountains and steep glaciers, as well as the stunning lakes, river basins and wetlands, are all breathtaking. It is also known as the "third pole" of the world. Its distinctive geographical environment and extremely cold climate have kept it free from human settlement, preserving its pristine ecology with distinctive natural landscapes.

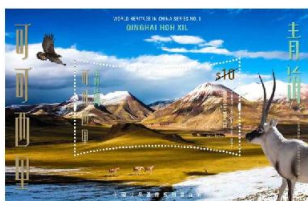
To underscore the natural grandeur and rich biodiversity of Hoh Xil, the stamp sheetlet is affixed with the first-ever "widescreen" stamp depicting wild species with Class I state protection, such as the Tibetan antelope, the wild yak, the Tibetan wild ass and the golden eagle, showcasing the splendours of the sacred and serene plateau.

This set of special stamps and associated philatelic products, including a stamp sheetlet, an official first day cover, a presentation pack and a serviced first day cover, will be on sale at post offices from June 23.

For the issue of "World Heritage in China Series No.9: Qinghai Hoh Xil" on June 23, Hongkong Post will implement a special sales arrangement to achieve social distancing and prevent crowds from forming. During the period from today (June 19) to the issue date of the stamps (June 23), customers can place their orders on the website stamps.hongkongpost.hk for this set of special stamps and associated philatelic products, including a set of serviced first day covers with special stamps date-stamped with pictorial postmarks of all 38 philatelic offices, without the need to visit the actual outlets. In addition, collection points will be set up at all post offices on the issue date of the special stamps to facilitate the submission of order forms as well as first day covers requiring hand-back date-stamping service. Hongkong Post will notify these customers of the collection date of their orders separately.

Information about this special stamp issue is available on the Hongkong Post's website at www.hongkongpost.hk or in the Hongkong Post mobile app.

World Heritage in China Series No.9 : Qinghai Hoh Xil



\$10 Stamp Sheetlet



Special Postmark.

World Heritage in China Series No.9 : Qinghai Hoh Xil



Blank First Day Cover.



Serviced First Day Cover affixed with a \$10 Stamp Sheetlet and date-stamped with associated special postmark.

World Heritage in China Series No.9 : Qinghai Hoh Xil



Presentation Pack (Cover).



Presentation Pack (Inside).



Presentation Pack (Inside).

[Nominations for Legislative Council General Election to start on July 18](#)

The nomination period for the 2020 Legislative Council General Election will run from July 18 to 31.

The Legislative Council General Election will be held on September 6. A total of 70 members, 35 from geographical constituencies and 35 from functional constituencies, will be returned.

"To run for a seat in a geographical constituency or a functional constituency, a nominee must be a registered geographical constituency elector aged 21 or above," a spokesman for the Registration and Electoral Office (REO) said today (June 19).

"A nominee for the geographical constituency election or the functional constituency election must also have ordinarily resided in Hong Kong for the

three years immediately preceding the date of his nomination, and must be a Chinese citizen who is a Hong Kong permanent resident with no right of abode in a foreign country," he said.

However, the candidature in 12 functional constituencies is open to Hong Kong permanent residents who are not Chinese nationals or who have the right of abode in a foreign country. These constituencies are: legal; accountancy; engineering; architectural, surveying, planning and landscape; real estate and construction; tourism; commercial (first); industrial (first); finance; financial services; import and export; and insurance.

Except in the District Council (first) and District Council (second) functional constituencies, a nominee for the functional constituency election must be a registered elector for, or have a substantial connection with, the relevant functional constituency. Nominees running for a seat in the District Council (first) functional constituency must be a registered elector for the constituency, and for the District Council (second) functional constituency, nominees must be elected District Council members.

"Details on the eligibility to be nominated as a candidate, disqualification from being nominated as a candidate and from being elected as a Member, and the requirements to be complied with by persons nominated as candidates are set out in sections 37, 39 and 40 respectively of the Legislative Council Ordinance," the spokesman said.

For the geographical constituency election, each list of candidates has to be subscribed by not less than 100 registered electors of the constituency concerned and the number of subscribers on a nomination form must not exceed 200. An elector may subscribe only one nomination as regards a particular geographical constituency election.

Except in the District Council (second) functional constituency, each nominee for the functional constituency election must be subscribed by 10 registered electors of the constituency concerned and the number of subscribers on a nomination form must not be more than 20. An elector may subscribe any number of nomination forms up to the number of seats in any functional constituency.

For the District Council (second) functional constituency election, each list of candidates must be subscribed by not less than 15 registered electors of the District Council (first) functional constituency. An elector of the District Council (first) functional constituency may subscribe one nomination only for either a candidate of the District Council (first) functional constituency election or a candidate list of the District Council (second) functional constituency election.

The Returning Officers for the five geographical constituencies and 29 functional constituencies in the election have been appointed. They will deal with the nomination of candidates and other electoral matters for the constituency concerned.

"Completed nomination forms and the election deposit must be submitted by the nominees in person to the respective Returning Officers within the nomination period. Nominations are accepted between 9am and 5pm from Mondays to Fridays and between 9am and noon on Saturdays. A deposit of \$50,000 must be paid by each list of candidates for the geographical constituency election. Each nominee for the functional constituency election or each list of candidates for the District Council (second) functional constituency has to pay an election deposit of \$25,000. Nominees are also encouraged to pay the election deposit by cashier order or cash to avoid unwarranted complications arising from a cheque not being honoured," the spokesman said.

Nomination forms are available at the District Offices, the relevant Returning Officer's office, and the offices of the REO at 10/F, Harbour Centre, 25 Harbour Road, Wan Chai, Hong Kong, or Unit 2301-03, 23/F, Millennium City 6, 392 Kwun Tong Road, Kwun Tong, Kowloon. They can also be downloaded from the REO website (www.reo.gov.hk).

"Nominees are advised to submit their nominations as early as possible to allow time to correct mistakes, if any, in the nomination forms before the deadline," the spokesman said.

Notices of the nomination period for the 2020 Legislative Council General Election and the appointment of Returning Officers, with their office addresses, were gazetted today.

Copies of the nomination forms are available for public inspection at the offices of the Returning Officers for geographical constituencies and functional constituencies during ordinary business hours after the start of the nomination period. Members of the public may also inspect copies of the nomination forms of all the functional constituency elections at the REO office at Unit 2301-03, 23/F, Millennium City 6, 392 Kwun Tong Road, Kwun Tong, Kowloon.

For enquiries, please call the election hotline on 2891 1001.

Gradual resumption of FSD public education programmes

In view of the stabilised epidemic situation, the public education programmes (excluding training courses or visits to be held at fire stations and ambulance depots) of the Fire Services Department will gradually resume starting from today (June 19). Special arrangements will be made pursuant to the Prevention and Control of Disease (Prohibition on Group Gathering) Regulation (Cap 599G).

For enquiries, please call 2197 3699 (fire safety public education) or 2197 3600 (ambulance service public education) during office hours.

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 (June 19) 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 and providing mechanical aids to reduce physical exertion of employees. 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 actions.