

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 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.

[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.

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.

Appeal for information on missing man in Mong Kok (with photo)

Police today (June 11) appealed to the public for information on a man who went missing in Mong Kok.

Wong Kin-yu, aged 84, went missing after he left his residence on Tong Mei Road yesterday (June 10) afternoon. His family made a report to Police on the same day.

He is about 1.58 metres tall, 45 kilograms in weight and of thin build. He has a long face with yellow complexion and short white hair. He has a scar on the left side of his forehead. He was last seen wearing a grey checkered shirt, green trousers, black sneakers, a black cap and carrying a black crutch.

Anyone who knows the whereabouts of the missing man or may have seen him is urged to contact the Regional Missing Person Unit of Kowloon West on 3661 8036 or 9020 6542 or email to rmpu-kw-2@police.gov.hk, or contact any police station.



[CE signs National Anthem Ordinance \(with photos\)](#)

The Chief Executive, Mrs Carrie Lam, today (June 11) signed the National Anthem Ordinance passed by the Legislative Council (LegCo) in accordance with Article 48(3) of the Basic Law. The National Anthem Ordinance will come into immediate effect after it is published in the Gazette tomorrow (June 12).

"Like the national flag and the national emblem, the national anthem is the symbol and sign of the nation. As an inalienable part of the People's Republic of China, the Hong Kong Special Administrative Region (HKSAR) is duty-bound to preserve the dignity of the national anthem through legislation," Mrs Lam said.

"I am pleased that the National Anthem Ordinance will be gazetted and come into effect tomorrow, signifying the fulfilment of the constitutional responsibility of the HKSAR and reflecting the spirit of 'One Country, Two Systems'."

The National Anthem Ordinance provides for the playing and singing, protection and promotion of the national anthem to preserve the dignity of the country, enhance the sense of national identity among citizens and promote patriotism. The offences stipulated in the Ordinance only concern the misuse of the national anthem, or public and intentional acts with an intent to insult the national anthem.

"I hope that members of the public will respect the national anthem of their own volition, hence the promotion of the national anthem is of

paramount importance. To let our next generation understand the history and spirit of the national anthem and to observe the etiquette for the playing and singing of the national anthem, the Education Bureau will update its learning and teaching resources and issue directions to schools through circulars to support schools in teaching students," Mrs Lam said.

The Standing Committee of the 12th National People's Congress passed the Law of the People's Republic of China on National Anthem on September 1, 2017, and added the Law to Annex III to the Basic Law on November 4 in the same year. According to Article 18 of the Basic Law, the national laws listed in Annex III to the Basic Law shall be applied locally by way of promulgation or legislation by the HKSAR. Having regard to the common law system practised in Hong Kong, as well as the actual circumstances in Hong Kong, the HKSAR Government decided to implement the National Anthem Law in the HKSAR by local legislation. The National Anthem Bill was introduced into the LegCo for First Reading and Second Reading in January 2019, and was passed by the LegCo on June 4 this year.

