

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.

Update on cases of Legionnaires' disease

The Centre for Health Protection (CHP) of the Department of Health today (August 5) reported the latest number of cases of Legionnaires' disease (LD), and stressed the importance of using and maintaining properly designed man-made water systems, adding that susceptible groups should strictly observe relevant precautions.

From July 28 to August 3, two community-acquired LD cases were reported:

1. A male patient, aged 68 with underlying illnesses, who lives in Chun Tak House, Lung Tak Court, 52 Cape Road, Southern District; and
2. A male patient, aged 72 with underlying illnesses, who lives in Yue Yee Mansion, 86-88A Shung Ling Street, San Po Kong, Wong Tai Sin.

"Epidemiological investigations are ongoing to identify potential sources of infection, high-risk exposure and clusters, if any," a spokesman for the CHP said.

As of August 3 this year, 67 LD cases have been reported. In 2018 and 2017, there were 105 and 72 cases respectively.

"Men, people aged over 50, smokers, alcoholics and persons with weakened immunity are more susceptible to LD. Some situations may also increase the risk of infection, including poor maintenance of water systems leading to stagnant water; living in areas with old water systems, cooling towers or fountains; using electric water heaters, whirlpools and spas or hot water spring spas; and recent stays in hotels or vessels," the spokesman said.

Legionellae are found in various environmental settings and grow well in warm water (20 to 45 degrees Celsius). They can be found in aqueous environments such as water tanks, hot and cold water systems, cooling towers, whirlpools and spas, water fountains and home apparatus which support breathing. People may become infected when they breathe in contaminated droplets (aerosols) and mist generated by artificial water systems, or when handling garden soil, compost and potting mixes.

Immunocompromised persons should:

- Use sterile or boiled water for drinking, tooth brushing and mouth rinsing;
- Avoid using humidifiers, or other mist- or aerosol-generating devices. A shower may also generate small aerosols; and
- If using humidifiers, or other mist- or aerosol-generating devices, fill the water tank with only sterile or cooled freshly boiled water, and not water directly from the tap. Also, clean and maintain humidifiers/devices regularly according to manufacturers' instructions.

Never leave stagnant water in a humidifier/device. Empty the water tank, wipe all surfaces dry, and change the water daily.

The public should observe the health advice below:

- Observe personal hygiene;
- Do not smoke and avoid alcohol consumption;
- Strainers in water taps and shower heads should be inspected, cleaned, descaled and disinfected regularly or at a frequency recommended by the manufacturer;
- If a fresh water plumbing system is properly maintained, it is not necessary to install domestic water filters. Use of water filters is not encouraged as clogging occurs easily, which can promote growth of micro-organisms. In case water filters are used, the pore size should be 0.2 micrometres (μm) and the filter needs to be changed periodically according to the manufacturer's recommendations;
- Drain and clean water tanks of buildings at least quarterly;
- Drain or purge for at least one minute infrequently used water outlets (e.g. water taps, shower heads and hot water outlets) and stagnant points of the pipework weekly or before use;
- Seek and follow doctors' professional advice regarding the use and maintenance of home respiratory devices and use only sterile water (not distilled or tap water) to clean and fill the reservoir. Clean and maintain the device regularly according to the manufacturer's instructions. After cleaning/disinfection, rinse the device with sterile water, cooled freshly boiled water or water filtered with 0.2 μm filters. Never leave stagnant water in the device. Empty the water tank, keep all surfaces dry, and change the water daily; and
- When handling garden soil, compost and potting mixes:
 1. Wear gloves and a face mask;
 2. Water gardens and compost gently using low pressure;
 3. Open composted potting mixes slowly and make sure the opening is directed away from the face;
 4. Wet the soil to reduce dust when potting plants; and
 5. Avoid working in poorly ventilated places such as enclosed greenhouses.

The public may visit the CHP's [LD page](#), the [Code of Practice for Prevention of LD](#) and the [Housekeeping Guidelines for Cold and Hot Water Systems for Building Management](#) of the Prevention of LD Committee, and the CHP's [risk-based strategy](#) for prevention and control of LD.

Lifesaving services suspended at Repulse Bay Beach and Shek O Beach

Attention TV/radio announcers:

Please broadcast the following as soon as possible and repeat it at regular intervals:

The Leisure and Cultural Services Department announced today (August 5) that due to an insufficient number of lifeguards on duty, the lifesaving services at Repulse Bay Beach and Shek O Beach in Southern District have been suspended until further notice.

First aid services will be maintained at the beaches.

Cross-generation dancers to discuss "3 Decades of Dance in Hong Kong"

Presented by the Leisure and Cultural Services Department's "Beyond Multi-arts Series" for dance enthusiasts, a set of five talks (conducted in Cantonese) will be curated and hosted by veteran arts critic Dr Lo Wai-luk on the theme of "3 Decades of Dance in Hong Kong". Sharing the podium with Dr Lo will be local dance practitioners, including Anna Chan, Willy Tsao, Pewan Chow, Lau Siu-ming, Stella Lau, Yuri Ng, Paul Tam, Dick Wong, Miranda Chin, So Kwok-wan and Lau Tin-ming.

Opened in November 1989, the Hong Kong Cultural Centre (HKCC) has become an important cultural landmark in Hong Kong by offering performing platforms for artists and dance companies, both local and visiting, while enhancing the viewing experience of the local audience and enabling international cultural exchanges. Over the past 30 years, the HKCC has witnessed the development of dance in the city. Generation after generation of leading dance artists have delivered their humanistic, social and contemporaneous concerns through their works. The talk series on one hand reviews dance history of Hong Kong, while on the other hand forecasts the path ahead.

Details of the talks are as follows:

September 3 (Tuesday)

Topic: The Venue, Its Space, and Their Dance Stories

Content: This talk will look back on landmark performances over the past three decades and recall how choreographers and dancers have been inspired by the various spaces of the HKCC to create their dance works; from the Grand

Theatre to the Foyer, from the Studio Theatre to the Piazza and from the stage to the special corridors.

September 10 (Tuesday)

Topic: On the Ecological Development and Vista of Dance in Hong Kong

Content: The emergence of local professional dance companies in the late 1970s and early 1980s changed the ecology of the dance sector in Hong Kong. By the 1990s, the opening of the HKCC not only provided new performance venues for local dance companies but also created new forms of partnerships. These developments, together with the impact brought about by visiting international dance companies, have created a healthy environment for dance in Hong Kong to flourish.

September 24 (Tuesday)

Topic: Dance Appreciation – Art and the Urban Experience

Content: Leading dance companies of the world in the genres of modern dance, ballet and folk dance have performed at the HKCC. What sort of impact and novel viewing experiences did their diverse and quality productions have on the local audience to make art an important part of the urban experience of cosmopolitan Hong Kong?

October 8 (Tuesday)

Topic: Hong Kong Dance: Personality, Style and Character

Content: In the 30 years since the HKCC opened its doors to the arts community and audiences, the programming and content of dance shows have changed a lot. Local dancers have also kept themselves abreast of the times. It's time to see if Hong Kong has its own dance, or whether there is such a thing as "Hong Kong Style".

October 15 (Tuesday)

Topic: "For the Times They Are A-changing" – On the Reciprocal Relationship between Dance and Epochs

Content: Each era has its own form of art. In the past 30 years, what eras had Hong Kong gone through? What sort of experiences had Hongkongers gone through? How did social issues influence the creative concepts and directions of choreographers? When confronted with the predicaments of the times, how did dancers play a part in the future by expressing through physical movements and opening up new spiritual journeys?

Each talk will be held at 7.45pm at AC2, 4/F, Administration Building, HKCC. Tickets priced at \$60 per session (free seating) are now available at URB TIX (www.urbtix.hk). For telephone credit card bookings, please call 2111 5999. For programme enquiries and various discount schemes of the "Beyond Multi-arts Series", please call 2268 7323 or visit www.lcsd.gov.hk/CE/CulturalService/Programme/en/multi_arts/programs_832.html.