

# 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 (July 26) 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 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, and start work slowly and pick up the pace gradually. Get into 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 remains high (6 or above):

- Minimise direct exposure of the skin and the eyes to sunlight;
- Wear loose long-sleeved clothing made of close-woven fabrics;
- Wear a wide brim 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 or sweating; 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 get more information from the DH's Health Education Hotline (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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## **Island West Transfer Station temporarily closed**

Attention TV/Radio Announcers:

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

The Environmental Protection Department announced today (July 26) that due to fire incident yesterday, the Island West Transfer Station in Kennedy Town will be temporarily closed for essential checking.

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## **Hong Kong Customs seizes suspected heroin (with photo)**

Hong Kong Customs yesterday (July 24) seized about 1.6 kilograms of suspected heroin at Hong Kong International Airport with an estimated market value of about \$1.5 million.

A male passenger arrived in Hong Kong from Kuala Lumpur, Malaysia yesterday. During Customs clearance, the batch of suspected heroin was found concealed in his checked-in baggage. The man was then arrested.

The arrested man, aged 21, has been charged with one count of trafficking in a dangerous drug and will appear at West Kowloon Magistrates' Courts tomorrow (July 26).

Under the Dangerous Drugs Ordinance, trafficking in a dangerous drug is a serious offence. The maximum penalty upon conviction is a fine of \$5 million and life imprisonment.

Members of the public may report any suspected drug trafficking activities to Customs' 24-hour hotline 2545 6182 or its dedicated crime-reporting email account ([crimereport@customs.gov.hk](mailto:crimereport@customs.gov.hk)).



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## [Missing boy in Tuen Mun located](#)

A boy who went missing in Tuen Mun was located.

Sze Wa-yan, aged 15, went missing after he left his residence at Siu Lam Tsuen on July 4 afternoon. His family made a report to Police on the same day.

The boy turned up at Tai Po Police Station to cancel the missing person report today (July 25) afternoon. He sustained no injuries and no suspicious circumstances were detected.

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## [Man arrested for suspected illegal sale of unregistered pharmaceutical](#)

## product (with photo)

The Department of Health (DH) and the Police today (July 25) conducted a joint operation, during which a 62-year-old man was arrested for suspected illegal sale of an unregistered pharmaceutical product and Part 1 poison.

Acting upon intelligence, the DH purchased a sample of a topical product named Xingfuhuli Plant Essential Oil at a retail stall in Ap Lei Chau for analysis. Test results from the Government Laboratory revealed that the sample contained diclofenac, which is a Part 1 poison controlled under the Pharmacy and Poisons Ordinance (Cap 138).

Diclofenac is a non-steroidal anti-inflammatory drug which can be used topically to relieve pain. It should be supplied at pharmacies under the supervision of a registered pharmacist. Inappropriate use of diclofenac may cause erythema and dermatitis. Pharmaceutical products should be used under the advice of healthcare professionals.

The DH's investigation is continuing.

According to the Ordinance, all pharmaceutical products must be registered with the Pharmacy and Poisons Board of Hong Kong before they can be legally sold in the market. Illegal sale or possession of unregistered pharmaceutical products and Part 1 poisons are criminal offences. The maximum penalty for each offence is a fine of \$100,000 and two years' imprisonment.

All registered pharmaceutical products carry a Hong Kong registration number on the package in the format HK-XXXXX. The safety, quality and efficacy of unregistered pharmaceutical products are not guaranteed.

A spokesman for the DH urged members of the public not to buy or use products of doubtful composition or from unknown sources. People who have purchased the above product should stop using it and consult healthcare professionals if they are in doubt or feeling unwell after use. They can submit the product to the DH's Drug Office at Room 1856, Wu Chung House, 213 Queen's Road East, Wan Chai, during office hours for disposal.

