

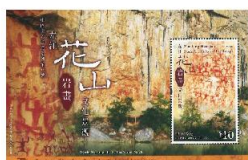
Hongkong Post to issue "World Heritage in China Series No. 8: Zuojiang Huashan Rock Art Cultural Landscape" special stamps (with photos)

Hongkong Post announced today (July 25) that a stamp sheetlet on the theme "World Heritage in China Series No. 8: Zuojiang Huashan Rock Art Cultural Landscape" and associated philatelic products will be released for sale on August 13 (Tuesday).

Since 2012, Hongkong Post has issued stamp sheetlets Nos. 1 to 7 under the World Heritage in China Series. The current issue is the eighth in the series. Zuojiang Huashan Rock Art Cultural Landscape is located in Chongzuo City in the Guangxi Zhuang Autonomous Region and was included in the World Heritage List in 2016 by the World Heritage Committee of the United Nations Educational, Scientific and Cultural Organization (UNESCO). "Huashan" refers to the cliffs with paintings along the Zuojiang River and its tributary the Mingjiang River that stretch over 100 kilometres. It is the most extensive site of a rock art cluster in Southern China as well as Southeast Asia. Created by the ancient Luoyue people more than 2 000 years ago, the rock art comprises squatting figures and motifs of ritual ceremonies illustrating the mystique of primitive religious beliefs as well as the social and spiritual life of the time. The stamp sheetlet features Chongzuo City's Ningming Huashan rock art, which is the largest and most inclusive part of the entire Zuojiang Huashan rock art cluster. The stamp affixed in the stamp sheetlet showcases the ritual dance in this piece of rock art.

Information about this special stamp issue and associated philatelic products is available on the Hongkong Post website at www.hongkongpost.hk and via the Hongkong Post mobile app.

World Heritage in China Series No. 8: Zuojiang Huashan Rock Art Cultural Landscape

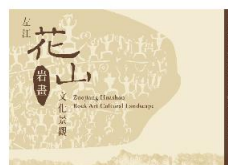


Stamp Sheetlet



Special Postmark

World Heritage in China Series No. 8: Zuojiang Huashan Rock Art Cultural Landscape



Presentation Pack (Cover)



Blank First Day Cover



Served First Day Cover affixed with a Stamp Sheetlet



Presentation Pack (Inside)

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 25) 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.

[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 Patient Absconded from Castle Peak Hospital

The following is issued on behalf of the Hospital Authority:

â€‹The spokesperson for Castle Peak Hospital (CPH) made the following update today (July 25) regarding an inpatient who earlier absconded from the hospital:

The patient has returned to the hospital by himself at 10.20pm yesterday (July 24).