

# 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 7) 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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## [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 inform their supervisors and seek medical help immediately.

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## [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.

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## [HAD opens temporary heat shelters](#)

The Home Affairs Department has opened 19 temporary heat shelters today (June 7) as the Very Hot Weather Warning (VHWW) is in force.

The shelters will be closed at 10pm if the VHWW is cancelled before 4.30pm. Otherwise, the shelters will be open until 8am tomorrow.

For further information, please call the department's hotline on 2835 1473.

The 19 temporary heat shelters are located at:

Hong Kong Districts:

Central and Western –  
Sai Ying Pun Community Complex Community Hall  
3/F, Sai Ying Pun Community Complex,  
2 High Street, Sai Ying Pun

Eastern –  
Causeway Bay Community Centre  
7 Fook Yum Road, Causeway Bay

Southern –  
Lei Tung Community Hall  
Lei Tung Estate, Ap Lei Chau

Wan Chai –  
Wan Chai Activities Centre  
LG/F, Wan Chai Market, 258 Queen's Road East, Wan Chai

Kowloon Districts:

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Kowloon City –  
Hung Hom Community Hall  
1/F, Kowloon City Government Offices,  
42 Bailey Street, Hung Hom

Kwun Tong –  
Lam Tin (West) Estate Community Centre  
71 Kai Tin Road, Lam Tin

Sham Shui Po –  
Shek Kip Mei Community Hall  
G/F, Block 42, Shek Kip Mei Estate, Sham Shui Po

Wong Tai Sin –  
Tsz Wan Shan (South) Estate Community Centre  
45 Wan Wah Street, Tsz Wan Shan

Yau Tsim Mong –  
Henry G. Leong Yaumatei Community Centre  
60 Public Square Street, Yau Ma Tei

New Territories Districts:

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Islands –  
Tung Chung Community Hall  
G/F, Tung Chung Municipal Services Building,  
39 Man Tung Road, Tung Chung

Kwai Tsing –  
Kwai Shing Community Hall  
Podium, Block 6, Kwai Shing West Estate, Kwai Chung

North –  
Cheung Wah Community Hall  
Cheung Wah Estate, Fanling

Sai Kung –  
Hang Hau Community Hall  
G/F, Sai Kung Tseung Kwan O Government Complex,  
38 Pui Shing Road, Hang Hau, Tseung Kwan O

Sha Tin –  
Lung Hang Estate Community Centre  
Lung Hang Estate, Sha Tin

Tai Po –  
Tai Po Community Centre  
2 Heung Sze Wui Street, Tai Po

Tsuen Wan –  
Lei Muk Shue Community Hall  
G/F, Hong Shue House, Lei Muk Shue Estate, Tsuen Wan

Tuen Mun –  
Butterfly Bay Community Centre  
Butterfly Estate (near Tip Sum House), Tuen Mun

Yuen Long –  
Long Ping Community Hall  
Long Ping Estate, Yuen Long

Yuen Long –  
Tin Yiu Community Centre  
Tin Yiu Estate, Tin Shui Wai

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## **FS attends St Petersburg International Economic Forum and Russian Direct Investment Fund events in Russia (with photos)**

The Financial Secretary, Mr Paul Chan, yesterday (June 6, St Petersburg time) attended the St Petersburg International Economic Forum (SPIEF) and events organised by the Russian Direct Investment Fund (RDIF) in Russia. Together with RDIF event participants, Mr Chan also had a meeting with the President of Russia, Mr Vladimir Putin.

Before the meeting with Mr Putin, Mr Chan attended an RDIF roundtable discussion on investment opportunities in emerging markets, exchanging views with members of the RDIF's senior management, its International Advisory Board members and other attendees. Earlier yesterday, Mr Chan attended the Advisory Board meeting of RDIF in which the Russian macroeconomic outlook as well as current challenges to investment worldwide were discussed. Upon arrival on June 5 (St Petersburg time), he also joined the RDIF's welcoming dinner. The RDIF is Russia's sovereign wealth fund set up in 2011.

In addition, Mr Chan participated in one of the SPIEF sessions yesterday morning to exchange views with representatives of investment bank, trade association and rating institution on global economic order.

He pointed out in the session that trade war do not have winners. International trade and investment have been key to global economic growth

and development. The rise of trade protectionism hence posed a major threat to the global economy. China will continue to pursue further reforms and opening up, and promote investment and trade flows between China and other countries. As the world's leading financial centre, Hong Kong will assist in the gradual process of the opening up.

Mr Chan also called on the Deputy Finance Minister of the Russian Federation, Mr Vladimir Kolychev, to update him on the latest developments of Hong Kong, particularly the advantage of Hong Kong in infrastructure investment and financing. He expressed his hope for closer co-operation between Russia and Hong Kong on all fronts.

Today (June 7, St Petersburg time), Mr Chan will continue to attend events of SPIEF and RDIF.



