

Missing woman in Tsing Yi located

A woman who went missing in Tsing Yi has been located.

Yu Pik-ying, aged 43, went missing after she left her residence in Cheung On Estate on September 7 morning. Her family made a report to Police on September 15.

The woman turned up at Tsing Yi Police Station to cancel the missing person report this afternoon (September 22). She sustained no injuries and no suspicious circumstances were detected.

Hong Kong Section of Guangzhou-Shenzhen-Hong Kong Express Rail Link opens

The Chief Executive, Mrs Carrie Lam, and the Governor of Guangdong Province, Mr Ma Xingrui, jointly hosted the opening ceremony for the Hong Kong Section of the Guangzhou-Shenzhen-Hong Kong Express Rail Link (XRL) today (September 22).

The ceremony commenced at 10am. Following the performance by the Hong Kong String Orchestra and renowned Chinese violinist Yao Jue, Mrs Lam addressed the audience first. She said, "Upon commissioning, the Hong Kong Section of the XRL would link up the three rapidly-developing leading cities in the Guangdong-Hong Kong-Macao Greater Bay Area, namely Guangzhou, Shenzhen and Hong Kong. In addition to enhancing the high speed passenger transport network in the Bay Area and promoting the economic, social and cultural exchanges in the area, it would also link Hong Kong with the Capital Economic Circle and Yangtze River Delta Region through the Beijing-Guangzhou Passenger Line and the Hangzhou-Fuzhou-Shenzhen Passenger Line, thereby strengthening the synergy effect among the regions and creating more development opportunities."

Mrs Lam also said that in addition to the efforts made by relevant policy bureaux and departments of the Hong Kong Special Administrative Region (HKSAR) Government as well as the project and operations teams of the MTR Corporation Limited (MTRCL), the staunch support by the Central Authorities and the co-operation of relevant departments have been indispensable in enabling the smooth commissioning of the Hong Kong Section of the XRL. The Guangdong Provincial Government and the Shenzhen Municipal Government also made an all-out effort to ensure the delivery of best results under the co-location arrangement. She expressed gratitude to the China Railway

Corporation for providing the best arrangements on train scheduling, ticketing and finance to the HKSAR. In addition, Mrs Lam expressed her heartfelt appreciation to the Standing Committee of the National People's Congress for providing a firm legal basis for the co-location arrangement, as well as to the Legislative Council for enacting the local legislation for the co-location arrangement in a timely manner. She thanked all the guests who have contributed to the project on behalf of the HKSAR Government.

Thereafter, Mr Ma; the General Manager of the China Railway Corporation, Mr Lu Dongfu; and the Non-executive Chairman of the MTRCL, Professor Frederick Ma, spoke successively in celebration of the opening of the Hong Kong Section of the XRL. After a simple launching ceremony and a plaque unveiling ceremony, all guests boarded the first train bound for Guangzhounan Station after going through clearance procedures under the co-location arrangement at the West Kowloon Station. They returned to Hong Kong after making a brief stop at Guangzhounan station.

Other officiating guests included Vice-Chairman of the National Committee of the Chinese People's Political Consultative Conference (CPPCC) Mr Tung Chee Hwa; Vice-Chairman of the the National Committee of the CPPCC, Mr C Y Leung; the Director of Hong Kong and Macao Affairs Office of the State Council, Mr Zhang Xiaoming; the Director of the Liaison Office of the Central People's Government in the HKSAR, Mr Wang Zhimin; the Commissioner of the Ministry of Foreign Affairs of the People's Republic of China in the HKSAR, Mr Xie Feng; the Commander-in-chief of the Chinese People's Liberation Army Hong Kong Garrison, Mr Tan Benhong; the Secretary of the CPC Shenzhen Municipal Committee, Mr Wang Weizhong; and the Secretary for Transport and Housing, Mr Frank Chan Fan.

The construction of the Hong Kong Section of the XRL commenced in 2010. It has a total length of 26 kilometres and connects with the Mainland Section of the XRL as well as the 25 000 km-long national high speed rail network. Its service will commence tomorrow morning (September 23).





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 (September 22) 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 inform their

supervisors and seek medical help immediately.

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.