

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 21) 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.

Anti-mosquito measures urged on festive occasion

The Centre for Health Protection (CHP) of the Department of Health today (September 21) urged the public to carry out preventive measures to avoid mosquito bites while celebrating Mid-Autumn Festival.

There are many mosquito-borne diseases, including dengue fever (DF), chikungunya fever, Japanese encephalitis (JE), malaria, yellow fever and Zika virus infection. These diseases are endemic in many overseas countries. In recent years, local cases of DF and JE have been recorded in Hong Kong.

A spokesman for the CHP said, "Regarding DF, a record high of 29 local cases have been detected since mid-August this year. The public are reminded that eliminating breeding sites for mosquitoes and avoiding mosquito bites are key to preventing DF. When doing outdoor activities such as visiting parks, grass pitches and beaches during the Mid-Autumn Festival holidays, one needs to apply DEET-containing mosquito repellents to exposed parts of the body and clothing for better personal protection."

In addition, members of the public who intend to travel during the Mid-Autumn Festival holidays should stay alert to the DF situation and other mosquito-borne diseases in their destinations and carry out anti-mosquito measures as necessary.

Regarding the latest DF situation, as of yesterday, a total of 108 cases had been confirmed in 2018, comprising 29 local and 79 imported cases mainly from Thailand (30), the Philippines (14) and Cambodia (9). From September 14 to 20, two imported DF case were recorded and the patients had been to Bangladesh (one case) and Thailand (one case) in the incubation period.

DF remains endemic in some areas in Asia and beyond. The latest figures

for 2018 revealed that 57 129 cases had been recorded in Thailand, 2 045 in Singapore (since December 31, 2017) and 119 in Japan. In Taiwan, 117 local cases have been recorded to date in 2018. In the Americas, 29 665 cases have been filed to date in Mexico in 2018.

The public should take heed of the following advice on mosquito control:

- Thoroughly check all gully traps, roof gutters, surface channels and drains to prevent blockage;
- Scrub and clean drains and surface channels with an alkaline detergent compound at least once a week to remove any deposited mosquito eggs;
- Properly dispose of refuse, such as soft drink cans, empty bottles and boxes, in covered litter containers;
- Completely change the water of flowers and plants at least once a week. The use of saucers should be avoided if possible;
- Level irregular ground surfaces before the rainy season;
- Avoid staying in shrubby areas; and
- Take personal protective measures such as wearing light-coloured long-sleeved clothes and trousers and apply insect repellent containing DEET to clothing or uncovered areas of the body when doing outdoor activities.

To reduce the risk of infections being spread by mosquitoes, apart from general measures, travellers returning from affected areas should apply insect repellent for 14 days (DF) or at least 21 days (Zika virus infection) upon arrival in Hong Kong. Among the imported DF cases recorded in Hong Kong since 2015 (as of yesterday), the most common places for acquiring the infection included Thailand (88), Indonesia (65), the Philippines (65), India (26), Malaysia (23), Vietnam (23) and Cambodia (20). People should pay particular attention to anti-mosquito measures when travelling to these countries and after coming back to Hong Kong. If feeling unwell, seek medical advice promptly and provide travel details to the doctor. DEET-containing insect repellents are effective and the public should take heed of the tips below:

- Read carefully the label instructions first;
- Apply right before entering an area with risk of mosquito bites;
- Apply on exposed skin and clothing;
- Use DEET of up to 30 per cent for pregnant women and up to 10 per cent for children*;
- Apply sunscreen first, then insect repellent; and
- Re-apply only when needed and follow the instructions.

* For children who travel to countries or areas where mosquito-borne diseases are endemic or epidemic and where exposure is likely, those aged 2 months or above can use DEET-containing insect repellents with a DEET concentration of up to 30 per cent.

Currently, vaccines are available in Hong Kong as preventive measures against yellow fever and JE, while anti-malarial chemoprophylaxis is also available. Members of the public planning to travel to affected areas should consult their doctors for advice on vaccination or chemoprophylaxis. Travellers planning to receive yellow fever vaccination and travel health medical advice should arrange travel health consultation with the DH's Travel Health Service at least six to eight weeks before the trip.

The public may visit the CHP website, the latest Travel Health News and tips for using insect repellents for more information.

[Retrofitting of escalators for footbridge near MTR Tai Wo Hau Station proposed](#)

The Government gazetted today (September 21) the proposed retrofitting of escalators for a footbridge across Castle Peak Road – Kwai Chung near MTR Tai Wo Hau Station Exit B. The proposed works are required to provide a more comfortable route for commuters travelling between MTR Tai Wo Hau Station and Tai Wo Hau Estate as well as Kwai Chung Estate.

Details of the proposal are set out in the Annex. The plan and scheme of the works are available for public inspection at the following government offices during office hours:

Central and Western Home Affairs Enquiry Centre,
G/F, Harbour Building,
38 Pier Road, Central, Hong Kong

Tsuen Wan Home Affairs Enquiry Centre,
1/F, Tsuen Wan Multi-storey Carpark Building,
174-208 Castle Peak Road,
Tsuen Wan, New Territories

Kwai Tsing Home Affairs Enquiry Centre,
2/F, Kwai Hing Government Offices Building,
166-174 Hing Fong Road,
Kwai Chung, New Territories

District Lands Office, Tsuen Wan and Kwai Tsing,
10/F, Tsuen Wan Multi-storey Carpark Building,
174-208 Castle Peak Road,
Tsuen Wan, New Territories

The gazette notice, scheme, plan and location plan will be available at www.thb.gov.hk/eng/psp/publications/transport/gazette/gazette.htm.

Any person who wishes to object to the works or the use, or both, is required to address to the Secretary for Transport and Housing an objection in writing, which can be submitted via the following means:

- By post or by hand to the Transport and Housing Bureau's drop-in box No. 6 located at the entrance on 2/F, East Wing, Central Government Offices, 2 Tim Mei Avenue, Tamar, Hong Kong. The box is available for use between 8am and 7pm from Monday to Friday (except public holidays);
- By fax to 2868 4643; or
- By email to gazettethb@thb.gov.hk.

A notice of objection should describe the objector's interest and the manner in which he or she alleges that he or she will be affected by the works or the use. Objectors are requested to provide contact details to facilitate communication. A notice of objection should be delivered to the Secretary for Transport and Housing not later than November 20, 2018.