

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 (May 23) 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.

Bun Scrambling Competition concludes successfully

The male and female champions of the annual Bun Scrambling Competition, which was the grand finale of the 2018 Bun Carnival, were decided in an exciting contest held early this morning (May 23) at the soccer pitch of Pak Tai Temple Playground, Cheung Chau.

The event attracted more than 1 600 spectators to experience the thrilling atmosphere of the competition. They witnessed 12 finalists scrambling up the bun tower to snatch as many buns as they could within a three-minute time limit to vie for the championships.

Apart from the individual race, there was also an invitation relay in which three teams from Shenzhen, Zhuhai and Macao competed against seven local teams from Cheung Chau.

The results are as follows:

Individual contest	Result
Men	
Champion: Kwok Ka-ming	1044 marks
First runner-up: Chung Yuk-chuen	885 marks
Second runner-up: Chung Ching-man	732 marks
Women	
Champion: Wu Wing-yu	294 marks
Winner of "Full Pockets of Lucky Buns": Kwok Ka-ming (Number of buns grabbed: 134)	
Invitation relay	Result

Championship:
Zhuhai Climbing Association Team

3 minutes and 05 seconds

First runner-up:
Shenzhen Mountaineering and
Outdoor Sports Association

3 minutes and 25 seconds

Second runner-up:
Hop Lik Sports Club
seconds

4 minutes and 04

Police further arrested three more men in connection with murder in Airport District

Police arrested a 32-year-old man in Mong Kok this morning (May 22) in suspected connection with a murder case in Airport District on May 4, in which a 30-year-old man died. The arrestee is being detained for further enquiries.

Two other men, aged 47 and 83 respectively, were also arrested in Ma On Shan on May 14 in suspected connection with the case. They have been released on bail and are required to report back to Police in mid-June.

Police arrested five men and two women in suspected connection with the case earlier. Police laid a holding charge against four men and one woman jointly with one count of conspiracy to murder. The remaining man and woman have been released on bail and are required to report back to Police in mid-June.

Active investigation by the Regional Crime Unit of New Territories South is underway.