

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 1) 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.

[FS forges closer co-operation between Hong Kong and Ireland \(with photos\)](#)

The Financial Secretary, Mr Paul Chan, today (May 31, Dublin time) commenced his three-day visit in Dublin to foster closer economic co-operation between Hong Kong and Ireland.

He began his visit by meeting a group of Irish Fintech companies already operating in Hong Kong or looking to establish offices in Hong Kong. He updated them on the city's latest efforts to support Fintech development and encouraged them to make good use of Hong Kong's platform in expanding their operations in Hong Kong, the Mainland of China and Asia.

He then attended a gathering with Hong Kong people living in Dublin to learn more about their daily lives and work.

In the afternoon, Mr Chan addressed the "Routes to Growth: Creating Opportunities Between Hong Kong and Ireland as Financial Services & Aviation Hubs" seminar organised by Invest Hong Kong and Enterprise Ireland, and introduced Hong Kong's latest development in Fintech and aircraft leasing business. Also attending the seminar was the Minister of State for Trade, Employment, Business, EU Digital Single Market and Data Protection of Ireland, Mr Pat Breen.

Speaking at the seminar, Mr Chan said that Hong Kong has been serving as the unique gateway connecting international investors and the vast market in the Mainland of China for decades. Hong Kong's ever-deepening economic integration with the Mainland would create more opportunities that are available to no one else, including the Belt and Road Initiative and the Guangdong-Hong Kong-Macao Bay Area development. Hong Kong and Ireland can step up collaboration in the areas of Fintech and aircraft leasing, and work together in capitalising the massive opportunities ahead.

It was followed by a meeting with the Irish Funds Industry Association (IFIA), during which he was briefed on the latest development of funds industry in Ireland. With over 130 companies, 14 000 funds and 16 000 funds industry professionals, IFIA is the representative body for the international investment funds community in Ireland.

He then met with the Governor of the Central Bank of Ireland, Mr Philip Lane. They exchanged views on global economic outlook and shared experience in maintaining financial stability.

In the evening, joined by the Minister of State at the Department of Finance and the Department of Public Expenditure and Reform of Ireland, Mr Michael D'arcy, Mr Chan attended a cocktail reception and dinner to mark the launch in June of direct flights between Hong Kong and Dublin. He said the direct flights would further strengthen the close ties between Hong Kong and Ireland on trade, tourism and cultural fronts.

Tomorrow (June 1, Dublin time), Mr Chan will continue his visit and will meet officials of the Irish Government and representatives of the banking and business sectors.





[Speech by FS at Cathay Pacific Dublin inaugural flight gala cocktail reception \(English only\)](#)

Following is the speech by the Financial Secretary, Mr Paul Chan, at Cathay Pacific Dublin inaugural flight gala cocktail reception in Dublin, Ireland today (May 31, Dublin time):

Minister D'Arcy (Minister of State, Department of Finance, Ireland, Mr Michael William D'Arcy), Consul General Ryan (Consul General of Ireland to Hong Kong & Macau, Mr Peter Ryan), Rupert (Chief Executive Officer of Cathay Pacific, Mr Rupert Hogg), distinguished Guests, ladies and gentlemen,

Good evening.

I'm delighted to be here tonight, in this enchanting historic castle and in Dublin, a charming and witty city of timeless music, literature, and of course, the legendary Irish pubs.

And this characterful capital of Ireland is now going to be much closer to Hong Kong thanks to the launch of Cathay Pacific Airways' direct service between Hong Kong and Dublin. I am confident that this seamless connection by one of the best airlines in the world will strengthen trade and tourism between us and foster closer ties on all fronts – which is also the primary aim of my visit to Dublin.

It helps that Hong Kong and Dublin have much in common.

Dublin Airport, where I landed this morning, is a major gateway to North America. As for Hong Kong, we are the gateway to Mainland China and Southeast Asia, a critical transit hub for business and leisure travellers moving in and out of China, the rest of Asia and around the world.

Half the world's population can be reached from Hong Kong within five hours' flight time. More than 100 airlines offer 1,100 flights every day, connecting Hong Kong with over 220 destinations, including about 50 cities in Mainland China.

With our extensive global connections and well-developed intermodal transport infrastructure, our airport is the world's busiest cargo hub for the eighth consecutive year and the third-busiest international passenger airport.

Looking ahead, as Dublin Airport builds its North Runway, we are also adding a new one to ours. On completion of the three-runway system, the Hong Kong International Airport can handle about 100 million passengers and nine million tonnes of cargo a year.

Aviation aside, both Hong Kong and Dublin are thriving financial capitals and much potential is awaiting us.

Ladies and gentlemen, with the enhanced connectivity between Dublin and Hong Kong, I welcome Irish companies, big and small, start-ups and well-established ones, to join us, to take advantage of the opportunities Hong Kong can help realise, in the Mainland and throughout the Asian region.

Thanks to the direct flights between Hong Kong and Dublin, those opportunities are now much closer to being realised.

I wish Cathay Pacific Airways every success with its new service to Dublin, the Emerald Isle's charismatic capital.

Thank you and I wish you a very pleasant evening.