

# 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 24) 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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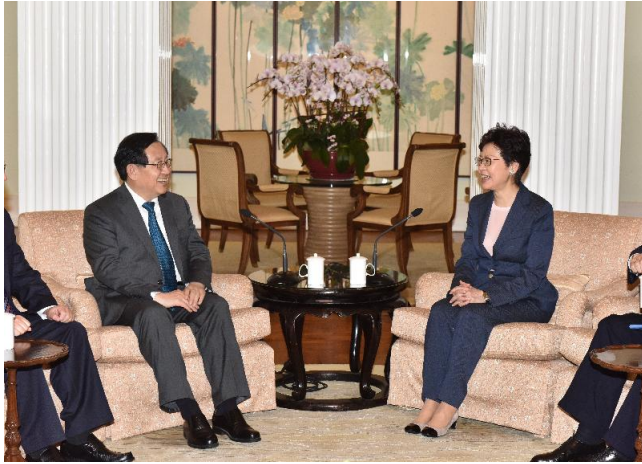
## **CE meets CPPCC Vice-Chairman and President of China Association for Science and Technology (with photo)**

The Chief Executive, Mrs Carrie Lam, met Vice-Chairman of the National Committee of the Chinese People's Political Consultative Conference and President of the China Association for Science and Technology Professor Wan Gang at Government House this afternoon (May 23).

Mrs Lam welcomed Professor Wan's visit to Hong Kong and said she was pleased to meet him for the third time since taking office. She thanked Professor Wan for his staunch support for Hong Kong's development of innovation and technology (I&T) during his tenure as the Minister of Science and Technology and his continued concern for Hong Kong in his new capacity. She said she has been inspired by Professor Wan each time they have met, strengthening her resolve to help Hong Kong to develop in I&T at full steam to catch up with others.

She said that the current-term Government is determined to be proactive and has put forward various policy initiatives in the past few months to advance I&T development. These have included the launch of a listing regime for I&T companies from emerging and innovative sectors to list in Hong Kong to raise capital, the amendment of the Inland Revenue Ordinance to provide enhanced tax deduction to encourage enterprises to spend more in research and development, the announcement of the Technology Talent Admission Scheme to admit overseas and Mainland talent and nurture local talent for I&T enterprises, and the preparation for the establishment of two research clusters on healthcare technologies and artificial intelligence and robotics technologies to attract top global and local scientific research talent. She said that such initiatives are well received by local, overseas and Mainland parties, which demonstrates Hong Kong's continued advantages. She expressed the hope that Professor Wan would continue to show his concern and support

for Hong Kong so that Hong Kong's I&T ecosystem would develop in a diversified manner.



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## [Appeal for information on missing man in Kwun Tong \(with photo\)](#)

Police today (May 23) appealed to the public for information on a man who went missing in Kwun Tong.

Zhuang Ruguo, aged 45, went missing after he was last seen on Cha Kwo Ling Road on May 21 morning. His family made a report to Police on the same day.

He is about 1.77 metres tall, 80 kilograms in weight and of fat build. He has a round face with yellow complexion and short straight black hair. He was last seen wearing an orange short-sleeved T-shirt, blue jeans and blue sports shoes.

Anyone who knows the whereabouts of the missing man or may have seen him is urged to contact the Regional Missing Person Unit of Kowloon East on 3661 0316 or 9886 0060 or email to [rmpu-ke-2@police.gov.hk](mailto:rmpu-ke-2@police.gov.hk), or contact any police station.

