

Postal services to French Polynesia subject to delay

Hongkong Post announced today (August 1) that, as advised by the postal administration of French Polynesia, due to a local strike at the destination, mail delivery services to French Polynesia are subject to delay.

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 (August 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.

"Infants and children, the elderly, pregnant women, those with chronic illnesses such as heart disease or high blood pressure, outdoor/manual workers, and individuals who are overweight are more vulnerable to heat stroke. 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 can place additional demands on the physique;
- Perform outdoor activities in the morning or the late afternoon, if possible;
- For indoor activities, open all windows, use a fan or use air-conditioning to maintain good ventilation;
- Do not stay inside a parked vehicle; and

- Reschedule work to cooler times of the day if feasible. If working in a hot environment is inevitable, introduce shade in the workplace where practicable. Start work slowly and pick up the pace gradually. Move to a cool area for rest at regular intervals to allow the body to recuperate.

â€‹The public should also note the latest and the forecast Ultraviolet (UV) Index released by the Hong Kong Observatory (HKO). When the UV Index is high (6 or above):

- Minimise direct exposure of the skin and the eyes to sunlight;
- Wear long-sleeved and loose-fitting clothes;
- Wear a wide-brimmed hat or use an umbrella;
- Seek a shaded area or put on UV-blocking sunglasses;
- Apply a broad-spectrum sunscreen lotion with a minimum sun protection factor (SPF) of 15, preferably higher. Reapply every two hours if you stay out in the sun, and after swimming, sweating or towelling off; and
- While using DEET-containing insect repellents for personal protection against mosquito-borne diseases, apply sunscreen first, then insect repellent.

â€‹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.

â€‹The public may obtain more information from the DH's Health Education Infoline (2833 0111), [heat stroke](#) page and [UV radiation](#) page; the HKO's Dial-a-Weather (1878 200), latest [weather report 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.

[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.

New measure of increasing duty-free allowance for luggage articles for visitors who are Mainland residents implemented at all ports

A Government spokesman said today (August 1) that the Central Government's measure of increasing the duty-free allowance for luggage articles brought into the Mainland from Hong Kong by visitors who are Mainland residents from RMB5,000 to RMB12,000, while retaining the measure of allowing for additional duty-free goods at the value of RMB3,000 purchased at port entry duty-free stores, has been extended to all ports starting from today.

The measure has been welcomed by visitors who are Mainland residents since its implementation on July 1 at six land ports, including Lo Wu, Futian (Lok Ma Chau Spur Line), Shenzhen Bay, West Kowloon Station of the Guangzhou-Shenzhen-Hong Kong Express Rail Link, Hong Kong-Zhuhai-Macao Bridge and more. The Hong Kong Special Administrative Region Government (HKSARG) believes that the measure is conducive to enriching the shopping experience of Mainland residents during their visits to Hong Kong, boosting the development of diversified tourism and stimulating Hong Kong's retail business.

The HKSARG has displayed promotional materials at various ports and sent short message service (SMS) to inbound Mainland visitors via mobile network operators on the Mainland to promote the implementation arrangements of the measure. In addition, the Hong Kong Tourism Board (HKTB) launched a new summer promotional event, Summer Chill Hong Kong, on July 11 to distribute 500 000 sets of Summer Triple Rewards covering sightseeing and transport, dining and consumption discounts to inbound overnight visitors.

The HKSARG will continue to fully promote the measure and support the travel and retail trades to organise various promotional events to attract more overnight visitors to Hong Kong and encourage them to increase their consumption.

As of end-June, the HKTB recorded about 21 million visitors arriving in Hong Kong, representing a year-on-year increase of around 60 per cent. The arrival of Mainland visitors reached about 16 million for the same period, a

year-on-year increase of around 60 per cent, while the arrival of non-Mainland visitors was about 5 million, a year-on-year increase of more than 80 per cent.

Latest situation of Pui O Beach

Attention TV/radio announcers:

Please broadcast the following as soon as possible:

Here is an item of interest to swimmers.

The Leisure and Cultural Services Department announced today (August 1) that the Environmental Protection Department has classified the water quality at Pui O Beach in Islands District as Grade 4, which means the beach is not suitable for swimming until further notice.

The red flag has been hoisted earlier at the beach due to big waves.