

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 (July 22) 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€œIf 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€œThe 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.

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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.

Special operations conducted against improper use of bright light for fishing (with photos)

In July this year, the Marine Department (MD) has already mounted three special operations respectively on July 8, 16 and 19 to combat the improper use of bright light for fishing in the eastern and southern waters of Hong Kong. Among these operations, two of them were conducted with the Hong Kong Police Force.

During the operations, eight vessels were inspected, and five of them were suspected of using bright light improperly for fishing. The MD will further investigate the cases and gather evidence for prosecution in order to combat any relevant irregularities.

A spokesman for the MD reminded the public that under the Shipping and Port Control Regulations (Cap. 313A), vessels are allowed to use a bright light for fishing in areas where bright light fishing is permitted. However, the use of a bright light on any vessel for the purpose of fishing, or attracting fish in Hong Kong waters, shall comply with the requirements of Cap. 313A and the Merchant Shipping (Local Vessels) (General) Regulation (Cap. 548F), i.e. a bright light shall be so constructed, shaded, installed and used that no light emitted from it shall be visible, whether directly or by reflection from any source other than the sea surface, above a horizontal

plane passing through the lowest edge of the light source. A person who contravenes the related legislation commits an offence and is liable to a fine of \$5,000 upon conviction.

To ensure the order of marine traffic and navigation safety of vessels, in addition to daily patrols and enforcement actions in various districts of Hong Kong waters, the MD also maintains close co-operation with the Marine Police from time to time to conduct target-based joint operations, including inspections involving the suspected improper use of a bright light for fishing. From January to June 2024, the MD conducted a total of 31 special operations in areas including the waters of southern Lantau Island, southern Lamma Island, south of Hong Kong and east of Hong Kong, and 13 prosecutions had been initiated against vessels in relation to the improper use of bright light for fishing.

The MD will continue to step up patrols to combat the improper use of bright light for fishing activities to ensure safe navigation. The department will also meet with local fishery organisations from time to time to distribute relevant publicity and education materials to the trade. Information on the proper use of bright light for fishing is available on the MD's

website: www.mardep.gov.hk/filemanager/en/share/publications/pdf/materials/pu_blf.pdf.



[Red flags hoisted at Hung Shing Yeh Beach and 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 (July 22) that due to big waves, red flags have been hoisted at Hung Shing Yeh Beach

and Pui O Beach in Islands District. Beachgoers are advised not to swim at these beaches.