

Red flag hoisted at Silverstrand 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 30) that due to big waves, the red flag has been hoisted at Silverstrand Beach in Sai Kung District. Beachgoers are advised not to swim at the beach.

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 30) 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.

"Children, the elderly, the obese and those with chronic illnesses, such as heart disease or high blood pressure, 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;
- 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 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 sun protection factor (SPF) of 15 or above. Apply liberally and reapply 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.

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.

Territory-wide flag day today

Tung Wah Group of Hospitals has been issued a Public Subscription Permit to hold a territory-wide flag sale from 7am to 12.30pm today (August 30), a spokesman for the Social Welfare Department (SWD) said.

Details of the charitable fund-raising activities, including any updated information, covered by the issued Public Subscription Permits have been published on the GovHK website (www.gov.hk/en/theme/fundraising/search). Permits for flag days containing information on contact methods of the flag-selling organisations and the approved flag-selling activities have also been uploaded to the SWD's website (www.swd.gov.hk/en/index/site_pubsvc/page_controlofc/sub_flagdays) for reference. For enquiries, please call the SWD's hotline at 2343 2255, or the designated hotline of the 1823 Call Centre at 3142 2678.

In the case of suspected fraudulent flag day activities, people should not make any donation and should immediately report the matter to the Police, the spokesman added.

Update on Cluster of Candida auris cases in Queen Elizabeth Hospital

The following is issued on behalf of the Hospital Authority:

Regarding an earlier announcement on Candida auris carrier cases, the spokesperson for Queen Elizabeth Hospital (QEH) gave the following update today (August 29):

Following a contact tracing investigation, one more male patient aged 57 in the High Dependency Unit of Department of Neurosurgery was also identified as a carrier of Candida auris while not having signs of infection. He is in stable condition and now being treated under isolation.

The hospital will continue the contact tracing investigation of close contacts of the patient in accordance with the prevailing guidelines. A series of enhanced infection control measures have already been adopted to prevent the spread of *Candida auris*:

1. Thorough cleaning and disinfection of the wards concerned;
2. Enhanced admission screening for patients and environmental screening procedures; and
3. Application of stringent contact precautions and enhanced hand hygiene of staff and patients.

The hospital will continue to closely monitor the situation of the patient. The case has been reported to the Hospital Authority Head Office and the Centre for Health Protection for necessary follow-up.