

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 16) 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.

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.

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](#)

Po Leung Kuk has been issued a Public Subscription Permit to hold a territory-wide flag sale from 7am to 12.30pm today (August 16), 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.

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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 Tseung Kwan O Hospital's appeal for missing person](#)

The following is issued on behalf of the Hospital Authority:

The spokesman for Tseung Kwan O Hospital made the following update today (August 16) regarding a public appeal to help locate a missing person:

The 78-year-old elderly woman who was found missing yesterday (August 15) has been located by the Police and sent home.

[Hospital Authority's follow-up on suspected poisoning cases after consuming Chinese herbal medicine which contains Radix Aucklandiae](#)

The following is issued on behalf of the Hospital Authority:

The Hospital Authority (HA) spokesman made the following announcement today (August 15) regarding suspected poisoning cases of two patients after consuming decoction prepared from Chinese herbal medicine which contains Radix Aucklandiae:

Upon receiving the cases, the HA immediately notified all Chinese Medicine Clinics cum Training and Research Centres (CMCTRs) to cease prescribing Radix Aucklandiae and has started contacting the patients concerned to advise them to stop consuming the prescribed Chinese herbal medicine containing Radix Aucklandiae.

The HA spokesman said, "After reviewing the records of all CMCTRs, it is estimated that approximately 120 patients sought medical consultation in the last seven days (between August 9 and August 15) and were prescribed with Radix Aucklandiae or still have the unused herb which contains Radix Aucklandiae on hand."

The spokesman urged patients who have taken prescribed Chinese herbal medicine containing Radix Aucklandiae not to be overly worried. If patients experience symptoms such as dizziness or limb weakness after consuming the related Chinese herbal medicine, they should attend Accident and Emergency Department as soon as possible. The HA has notified healthcare staff to pay special attention to the related cases and will provide appropriate treatment to the patients.

Patients who have been prescribed with Chinese medicine granules containing Radix Aucklandiae are not affected by this incident and may continue consuming the prescribed Chinese medicine according to the instructions of their Chinese medicine practitioners.

The HA will closely communicate with the Department of Health and cooperate with its investigation. Also, the HA will follow up with the supplier regarding this incident.