

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 2) 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.

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

Children Chiropractic Foundation Limited has been issued a Public Subscription Permit to hold a territory-wide flag sale from 7am to 12.30pm today (August 2), 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.

LegCo Panel on Home Affairs, Culture and Sports continues duty visit to Hangzhou (with photos)

The following is issued on behalf of the Legislative Council Secretariat:

The delegation of the Legislative Council (LegCo) Panel on Home Affairs, Culture and Sports continued its duty visit to Hangzhou today (August 1).

The delegation first visited the Hangzhou Chen Jinglun Sports School to learn about the training of athletes. The delegation then met with the Hangzhou Sports Bureau to understand Hangzhou's policies and measures for industrialisation of sports and promoting sports in the community, as well as the situation of promoting sports to all in Hangzhou.

The delegation then visited the Huanglong Sports Centre, a landmark building in Zhejiang Province and Hangzhou that serves as one of the competition venues for the 19th Asian Games Hangzhou 2022.

In the afternoon, the delegation met with the 19th Asian Games Hangzhou 2022 Organising Committee to learn from their experience in hosting major multi-sport events. The delegation then visited the Hangzhou Olympic Sports Centre, which was put into operation in April 2021. Its Stadium will serve as the venue for the opening and closing ceremonies of the 19th Asian Games Hangzhou 2022, while its Aquatic Sports Arena and Tennis Centre will be the competition venues in Asian Games Hangzhou. The delegation also visited the Asian Games Village that provides accommodation and medical services to athletes.

In the evening, the delegation had dinner with the representatives of

the Hangzhou Municipal Government. During the dinner, they exchanged views on how to facilitate the co-operation and exchanges of the cultural industry between Hangzhou and Hong Kong, and the environmental policies rolled out by the Hangzhou Municipal Government for the Asian Games.

The delegation will depart for Dongyang to continue its duty visit tomorrow (August 2).



HKSAR Government strongly opposes and

condemns overseas legal professional organisations for groundless attacks and slandering against National Security Law and related law enforcement actions

The Hong Kong Special Administrative Region (HKSAR) Government today (August 1) strongly opposed and condemned overseas legal professional organisations for their groundless attacks, slanders and smears targeting the Hong Kong National Security Law (NSL) and actions taken by the National Security Department of the Hong Kong Police Force (NSD) and the Department of Justice in accordance with the law.

"Endangering national security is a very serious offence. No country, including those where the organisations concerned are located, will watch with folded arms acts and activities that endanger national security. The biased remarks made by the organisations concerned about the NSL show their extremely limited understanding on the NSL," the HKSAR Government spokesman emphasised.

â€‹"The NSL has provided clear definition to the actus reus and mens rea of four categories of offences – namely secession, subversion of state power, terrorist activities, and collusion with a foreign country or with external elements to endanger national security. No one will unwittingly breach the Law. The NSL also clearly stipulates that human rights shall be respected and protected in safeguarding national security in the HKSAR."

"The HKSAR law enforcement agencies have been taking law enforcement actions based on evidence and strictly in accordance with the law in respect of the acts of the persons or entities concerned, and have nothing to do with their political stance, background or occupation. The eight persons concerned who have fled overseas are alleged to have continued to commit offences under the NSL that seriously endanger national security. The Police have the responsibility to take all necessary measures in accordance with the law to arrest the persons related to the cases and bring them to justice.

"The HKSAR Government reiterates that it is a common practice of the Police and other law enforcement agencies to release information of fugitive offenders who have allegedly committed serious offences and are wanted, and appeal to members of the public to assist in bringing fugitive offenders to justice. This is also squarely in line with the international practice. "

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Mr Kwok Wing-hang and Mr Yam Kevin are both wanted by the NSD for allegedly committing offences endangering national security. Both of them made use of their capacity as a Hong Kong barrister and a Hong Kong solicitor

to smear Hong Kong's judicial system and rule of law, and make slanderous remarks against Hong Kong judges and prosecutors. They advocated and supported foreign 'sanctions' against China and the HKSAR (in particular judicial officers and prosecutors of the HKSAR). Their acts have undermined the judicial system and overall interests of the HKSAR, and are suspected of seriously violating cardinal professional rules and ethics of a legal practitioner. As the guardian of public interest in the proper administration of justice and upholding the rule of law, the Secretary for Justice is duty-bound to lodge formal complaints to the Hong Kong Bar Association and the Law Society of Hong Kong, so that the two professional bodies can independently handle these complaints and follow up in accordance with the law and the established procedures.

"The HKSAR Government solemnly urges the organisations concerned to discern fact from fallacy and stop being manipulated by people with ulterior motives, immediately refrain from wantonly slandering and smearing the NSL and the implementation of the Law in the HKSAR. The HKSAR Government will continue to implement the NSL resolutely, fully and faithfully, thereby preventing, suppressing and imposing punishment for acts and activities endangering national security in accordance with the law, so as to allow Hong Kong to advance from stability to prosperity steadily," the spokesman said.