

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.

"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

Lions Kidney Educational Centre and Research Foundation has been issued a Public Subscription Permit to hold a territory-wide flag sale from 7am to 12.30pm today (July 22), 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.

[Castle Peak Hospital announces patient injury incident](#)

The following is issued on behalf of the Hospital Authority:

The spokesman for Castle Peak Hospital (CPH) made the following announcement today (July 21) regarding a patient injury incident:

The healthcare staff of CPH discovered the genitals of four adult patients in a male ward for intellectual disability were mildly injured while performing nursing care procedures last night (July 20). The patients were suspected of being assaulted. CPH is very concerned about the incident and immediately reported it to the Police. The four patients were transferred to the Accident and Emergency Department of Tuen Mun Hospital (TMH) for examination. Three of them have returned to Castle Peak Hospital after examination, wound management and treatment. The remaining patient is currently receiving treatment at TMH and is in stable condition.

After conducting a preliminary investigation, the hospital found that one of the male patients in the ward, who was put on limb restraints due to clinical needs, had previously removed the restraints on his own. The hospital is investigating whether the event is related to the injuries of the four patients. The incident has been reported to the Hospital Authority Head Office via the Advance Incident Reporting System.

As the incident is suspected to be criminal related, the hospital has reported it to the Police for further investigation. CPH will fully co-operate with the police investigation.

The hospital has also informed relatives and will render necessary assistance.

The hospital always attaches great importance to protecting the safety of patients throughout their stay. CPH will immediately strengthen inspection and supervision of patient activities and take all feasible measures to ascertain that patients are treated in an appropriate hospital environment.

[Hong Kong films featured at Fantasia International Film Festival \(with photos\)](#)

The Hong Kong Economic and Trade Office (Toronto) (Toronto ETO) is supporting the screening of six Hong Kong films at the 2023 Fantasia International Film Festival, being held from July 20 to August 9 in Montreal, Canada. In particular, the movie "White Storm 3: Heaven or Hell" directed by Herman Yau had its Canadian premiere on the film festival's opening night on July 20 (Montreal time).

Speaking before the screening of "White Storm 3: Heaven or Hell", the Director of Toronto ETO, Ms Emily Mo, briefed the audience that Hong Kong has over a century of history in movie making. "Hong Kong is a city full of creativity," Ms Mo said. "It is a leading film-making centre in Asia."

Ms Mo remarked that the Hong Kong Special Administrative Region Government has been very supportive of the development of Hong Kong film industry. "We finance the production of small-to-medium budget films, provide funding support for the industry to attend film festivals overseas, and subsidise training programmes to help nurture young directors and scriptwriting talent for the industry," she said.

Ms Mo added that new initiatives have been introduced to promote Hong Kong-Asian film collaboration and content development for streaming platforms. Various government-funded films have made their way to international film festivals.

Noting that people in Hong Kong and Canada share a love for movies, Ms Mo explained that Hong Kong films are ambassadors connecting Hong Kong with the world. Toronto ETO will continue to support Hong Kong films to participate in various international film festivals held in Canada, including Fantasia.

The other Hong Kong films at the Festival included "Mad Fate", "The Sparring Partner", "God of Cookery", "My Heart Is That Eternal Rose" and "A

Chinese Ghost Story".

