

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 15) 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.

[Regional flag day today](#)

Three charities have been issued Public Subscription Permits to hold flag sales from 7am to 12.30pm today (July 15). They are, on Hong Kong Island, Retina Hong Kong; in Kowloon, Kowloon Women's Organisations Federation Limited; and in the New Territories, North District Hospital

Charitable Foundation, a spokesman for the Social Welfare Department (SWD) said.

Arrangements have been made with the charities to help people to distinguish among the three flag-selling activities.

Information on the three flag-selling organisations on July 15 is as follows:

Region	Name of organisation	Colour of collection bag	Colour of flag
Hong Kong Island	Retina Hong Kong	Green	White
Kowloon	Kowloon Women's Organisations Federation Limited	Pink	Pink
New Territories	North District Hospital Charitable Foundation	Purple	Purple

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.

MD announcement

Attention duty announcers, radio and TV stations:

Please broadcast the following message as soon as possible and repeat it at suitable intervals:

As the Standby Signal No.1 has been issued, the Marine Department reminds vessel owners, masters and persons-in-charge of vessels that they should take precautionary measures immediately and properly secure their

vessels at safe locations.

In case of an accident, a report should be made immediately to the Vessel Traffic Centre at 2233 7801.

[QEH appeals to public for missing patient](#)

The following is issued on behalf of the Hospital Authority:

The spokesman for Queen Elizabeth Hospital (QEH) made the following appeal today (July 15) regarding a patient leaving the hospital without notification:

A 86-year-old male patient with dementia accompanied by old age home staff was sent to the Accident and Emergency Department (A&E) by ambulance at 2pm yesterday (July 14) afternoon. While awaiting for discharge after treatment, the patient left the A&E without notifying at around 6pm. The hospital deployed security guards to search within the hospital compound immediately but in vain. The hospital then reported to the Police for assistance.

The hospital is very concerned about the incident and will fully cooperate with the Police to locate the patient. The patient's family has been informed and the hospital will provide necessary assistance to the family.

The patient is about 1.6 metres tall, with white and short hair. He wore a plaid shirt with normal mobility when leaving the hospital.

The hospital appeals to the public to contact the Police or call the hospital hotline at 3506 8944 if they know the whereabouts of the patient.