

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 8) 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.

"Infants and children, the elderly, pregnant women, those with chronic illnesses such as heart disease or high blood pressure, outdoor/manual workers, and individuals who are overweight 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, if possible;
- 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 feasible. 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 minimum sun protection factor (SPF) of 15, preferably higher. Reapply every two hours if you stay out in the sun, and 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.

â€‹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.

Fire incident at West Kowloon Transfer Station

A fire broke out at the West Kowloon Transfer Station (WKTS) on Stonecutters Island this afternoon (July 7). No injuries were reported and all employees on site were evacuated immediately. The WKTS has temporarily suspended waste reception.

At about 5.15pm, smoke was found in some waste received by the WKTS. The firemen sped to the scene and the fire was largely put out at about 7pm.

The Environmental Protection Department (EPD) has immediately informed the trade and kept close liaison with the trade. The users of the WKTS can use other refuse transfer stations or send the waste directly to the landfills for disposal.

The EPD is reviewing the impact of the fire on the operation of the WKTS and will keep close liaison with the trade on the latest operational arrangements for the WKTS.

The cause of the fire is still under investigation. The EPD has requested the contractor to submit a report on the fire incident within seven days. The department will also work with the contractor and the Fire Services Department to investigate the cause of the fire.

SCS to leave for Guangzhou

The Secretary for the Civil Service, Mrs Ingrid Yeung, will leave for Guangzhou this evening (July 7) to attend the opening ceremony of a civil service training course.

â€‹She will return to Hong Kong tomorrow (July 8) morning.

Cluster of influenza A cases in Alice Ho Miu Ling Nethersole Hospital

The following is issued on behalf of the Hospital Authority:

The spokesman for Alice Ho Miu Ling Nethersole Hospital made the following announcement today (July 7):

Five patients (aged 56 to 72) in a male medical ward have presented with symptoms of fever or respiratory symptoms since July 3. Appropriate viral tests were arranged for the patients and their test results were positive for Influenza A. All patients are in stable condition.

Infection control measures have already been stepped up according to established guidelines. All other patients in the ward concerned are under close surveillance.

The cases have been reported to the Hospital Authority Head Office and the Centre for Health Protection for necessary follow-up.