

# 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.

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## [Assess the risk of heat stroke to employees](#)

Attention duty announcers, radio and TV stations:

Please broadcast the following special announcement immediately, and repeat it at frequent intervals when the Very Hot Weather Warning is in force:

The Labour Department reminds employers that as the Very Hot Weather Warning is in force, they should assess the risk of heat stroke to their employees and adopt effective preventive measures such as providing cool drinking water, setting up temporary sunshade, providing mechanical aids to reduce physical exertion of employees and providing for employees as far as practicable covered space with good ventilation for rest and meals. Employees should drink water regularly and be mindful of their physical condition. If early heat stroke symptoms such as headache and thirst appear, they should rest in a cool or shady place and drink water immediately. They should also inform their supervisors to take appropriate action.

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## [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.

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## **Government finishes exercise on “restriction-testing declaration” in respect of specified “restricted area” in Heng Yue House, Fu Heng Estate, Tai Po, and enforcement operation for breaches of compulsory testing notice**

The Government yesterday (July 14) exercised the power under the Prevention and Control of Disease (Compulsory Testing for Certain Persons) Regulation (Cap. 599J) to make a "restriction-testing declaration" effective from 5pm yesterday, under which people (hereafter referred to as "persons subject to compulsory testing") within the specified "restricted area" in Tai Po (i.e. Heng Yue House, Fu Heng Estate, Tai Po, excluding non-domestic units on G/F) were required to stay in their premises and undergo compulsory testing. Persons subject to compulsory testing were required to stay in their premises until all such persons identified in the "restricted area" had undergone testing and the test results were mostly ascertained. All persons in the "restricted area" who have tested positive in the past 14 days, including positive cases identified either by nucleic acid tests recorded by the Department of Health (DH) or by rapid antigen tests that have been self-declared to the DH, were not required to undergo testing in this compulsory testing exercise.

In addition, the Government issued a compulsory testing notice yesterday, requiring persons, other than those specified above, who had been present at the above building for more than two hours from July 8 to July 14, 2022, even if they were not present in the "restricted area" at the time when

the declaration took effect, to undergo compulsory testing on or before July 16, 2022.

The Government finished the compulsory testing exercise at around 7.30am today (July 15) and carried out enforcement action in the "restricted area" afterwards to verify that all people in the "restricted area" had undergone compulsory testing in accordance with the requirements of the relevant declaration and compulsory testing notice. The Government announced that the enforcement operation ended at around 10am today.

The Government provided food packs for persons subject to compulsory testing to facilitate their meal arrangements. Anti-epidemic proprietary Chinese medicines donated by the Central People's Government or procured with the co-ordination of the Central People's Government and rapid antigen test kits were also distributed to persons subject to compulsory testing to help them fight against the virus. The Lands Department set up a hotline for people restricted by the declaration to make enquiries and seek assistance.

The Government thanks persons subject to compulsory testing for their support and understanding. With everyone's co-operation and efforts, coupled with the efforts of the testing contractors throughout the night, residents have been informed about their testing results by SMS notification. After finishing the compulsory testing exercise at around 7.30am today, the Government took enforcement action in the "restricted area" immediately to verify that all people in the "restricted area" had undergone testing according to the requirements of the declaration and the compulsory testing notice. Persons who could present an SMS notification containing a negative testing result as proof of having undergone the compulsory testing could leave the "restricted area" through the designated exit after providing personal information to a prescribed officer. The enforcement operation was completed at around 10am. Test records of 500 persons subject to compulsory testing were checked. Nobody was found to have not undergone compulsory testing. Taking into account the above situation, the Secretary for Health revoked the "restriction-testing declaration" in accordance with Cap. 599J (see attachment).

The Government reminds the 77 households who have not answered the door to undergo a nucleic acid test as soon as possible after reading the notices put up by the Government, in the hope of eliminating the possible risk of further spread of the virus in the community.

The Government thanks all participating government staff and the testing agencies for their hard work. The Government is also grateful to those subject to compulsory testing for their support and understanding, and their full co-operation during this period in undergoing testing and waiting for the results at home.

The Government will seriously follow up on the compliance situation of the compulsory testing notices and the "restriction-testing declaration" by persons subject to compulsory testing. Any person who fails to comply with the compulsory testing notices commits an offence and may be liable to a fixed penalty of \$10,000. The person will also be issued with a compulsory

testing order, requiring him or her to undergo testing within a specified time frame. Failure to comply with the order or the "restriction-testing declaration" is an offence and the offender may be liable to a fine of level 5 (\$50,000) and imprisonment for six months.

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## Appointments to Elderly Commission

The Government announced today (July 15) the appointment of Dr Donald Li Kwok-tung as the Chairman and Professor Daniel Lai Wing-leung as a member of the Elderly Commission (EC). Their appointments will take effect from July 30, 2022, for a term of two years.

Dr Li is the Chairman of the Hong Kong Sheng Kung Hui Welfare Council and the Immediate Past President of the World Organization of Family Doctors. He is also the Chairman of the Action Committee Against Narcotics and a member of the Steering Committee on Primary Healthcare Development.

Professor Lai is the Dean of the Faculty of Social Sciences and Chair Professor of Social Work of the Hong Kong Baptist University.

The Secretary for Labour and Welfare, Mr Chris Sun, said, "The EC has been assisting the Government in formulating a comprehensive policy in caring for elderly persons over the past two decades or so. Dr Li and Professor Lai are both well experienced in elderly-related issues and are experts in their respective fields. I look forward to working closely with them in further improving elderly services in Hong Kong."

In addition, Mr Sun expressed his gratitude to the outgoing Chairman, Dr Lam Ching-choi, who has been serving on the EC for nearly 20 years, first as a member and subsequently as the Vice-chairman and the Chairman. He said, "Dr Lam's capable leadership and unfailing support have been instrumental for the Government to take forward various new policy initiatives on the elderly front gradually, especially those recommended under the Elderly Services Programme Plan." Mr Sun also thanked Dr Vivian Lou Wei-qun for her valuable contribution to and active participation in the work of the EC over the past six years.

The membership of the EC for the new term is as follows:

Chairman

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Dr Donald Li Kwok-tung

Non-official members

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Dr Bai Xue

Dr Johnnie Casire Chan Chi-kau

Ms Maggie Chan Mei-kit  
Ms Tammy Chan Yee-ching  
Mr Chua Hoi-wai  
Dr Elsie Hui  
Professor Daniel Lai Wing-leung  
Professor Linda Lam Chiu-wa  
Mr Lau Tat-chuen  
Ms Grace Li Fai  
Mr Horace Lit Hoo-yin  
Dr James Luk Ka-hay  
Mr Theodore Ma Heng  
Mr Kyrus Siu King-wai  
Ms Macy Wong Chor-kei  
Miss Yu Chui-yee

Official members

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Secretary for Labour and Welfare or representative  
Secretary for Health or representative  
Secretary for Housing/Director of Housing or representative  
Director of Health or representative  
Director of Social Welfare or representative  
Chief Executive, Hospital Authority or representative