

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 4) 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.

Fatal traffic accident in Tsing Yi

Police are investigating a fatal traffic accident happened in Tsing Yi today (July 3) in which a boy died.

At 1.18am, a taxi driven by a 69-year-old man was travelling along Kwai Tsing Road towards Tsing Yi. Upon approaching Tsing Yi South Bridge, it reportedly knocked down a 17-year-old boy who was riding a bicycle on the same lane.

Sustaining head injuries, the boy was rushed to Princess Margaret Hospital in unconscious state and certified dead at 9pm.

Investigation by the Special Investigation Team of Traffic, New Territories South is underway.

Anyone who witnessed the accident or has any information to offer is urged to contact the investigating officers on 3661 1346.

Bangkok ETO promotes Hong Kong films in Phnom Penh (with photos)

The Hong Kong Economic and Trade Office in Bangkok (Bangkok ETO) collaborated with the Asian Film Awards Academy (AFAA) to launch the first Hong Kong Film Gala Presentation in Phnom Penh, Cambodia, today (July 3).

Supported by the Cultural and Creative Industries Development Agency, the Film Development Fund and the Bangkok ETO, the AFAA organised the film gala to screen seven selected Hong Kong films and stage a film-related exhibition to enhance the popularity of Hong Kong films and build an audience in Cambodia.

Speaking at the opening reception of the film gala, the Director of the Bangkok ETO, Mr Parson Lam, highlighted the support from the Hong Kong Special Administrative Region Government for the local film industry, and encouraged more Hong Kong film events to be held in Cambodia.

Mr Lam said, "We will continue to provide unwavering support to our film industry. We look forward to having more Hong Kong film events in Cambodia to showcase the thriving Hong Kong film industry and its gifted talent, and reinforce Hong Kong's position as an East-meets-West centre for international cultural exchange."

He noted that 2024 is the China-Cambodia Year of People-to-People

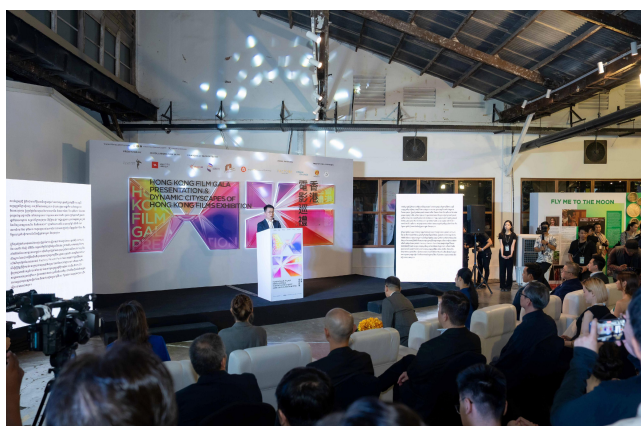
Exchanges, and expressed hope that the film gala would help promote cultural exchanges and deepen the bonds between the people of China and Cambodia.

"Through the universal language of films, we can share our good stories and our diverse cultural heritage," Mr Lam added.

Also officiating at the opening reception were the Counsellor of the Chinese Embassy in Cambodia, Mr Lin Ruihua; the Secretary of State of the Ministry of Culture and Fine Arts of Cambodia, Ms Pen Moni Makara; the Executive Director of the AFAA, Ms Josie Lin; and the Chief Executive Officer of Westec Media Limited of Cambodia, Mr Michael Chai.

As part of the film event, the "Dynamic Cityscapes of Hong Kong Films Exhibition" will be held at Factory Phnom Penh from July 4 to August 4 with free admission. The exhibition is a demonstration of Hong Kong's diverse cityscapes by recreating the most memorable scenes that appeared in six selected films, as well as iconic sights in Hong Kong.

For more information of the film gala, please visit:
www.afa-academy.com/20240626_en.



Police appeal for information on fatal traffic accident in Chai Wan

Police today (July 3) appealed to the public for information on a fatal traffic accident in Chai Wan on July 1 in which a man died.

At 7.16am, a 60-year-old man was riding a motorcycle along Shek O Road towards Chai Wan. When approaching the junction of Cape Collinson Road, the motorcycle went out of control and rammed into a lamppost.

Sustaining serious multiple body injuries, the male driver was sent to Pamela Youde Nethersole Eastern Hospital in semi-conscious state and was certified dead at 3.23pm yesterday (July 2).

Investigation by the Special Investigation Team 2 of Traffic, Hong Kong Island is underway.

Anyone who witnessed the accident or has any information to offer is urged to contact the investigating officers on 3660 6848 or 3660 6800.