

Red flags hoisted at Shek O Beach and Big Wave Bay Beach

Attention TV/radio announcers:

Please broadcast the following as soon as possible:

Here is an item of interest to swimmers.

The Leisure and Cultural Services Department announced today (June 27) that due to big waves, red flags have been hoisted at Shek O Beach and Big Wave Bay Beach in Southern District, Hong Kong Island. Beachgoers are advised not to swim at these beaches.

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 (June 27) 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 of at least sun protection factor (SPF) 15 – ideally higher – and reapply every two hours if you stay out in the sun, or 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.

Attempted murder and attempted suicide in Tuen Mun

Police are investigating an attempted murder and attempted suicide case in Tuen Mun this morning (June 26) and arrested a 43-year-old man.

At 6.16 am, Police received a report saying that the man allegedly attempted to commit suicide by burning charcoal in a unit in Shan King Estate. He then left the unit. His 44-year-old wife and their daughters, aged 13, 15 and 16 were in the unit.

Police officers sped to the scene. They were sent to Tuen Mun Hospital in conscious state. The 44-year-old woman was later transferred to Pamela Youde Nethersole Eastern Hospital.

After initial investigation, Police arrested the man in Mong Kok for attempted murder today. He is being detained for further enquiries.

Investigation by the District Crime Squad of Tuen Mun District is underway.

"Anti-drug Info Zone: Stride Ahead Into A Drug-free Future" Roving Exhibition officially launched (with

photos)

The 'Anti-drug Info Zone: Stride Ahead Into A Drug-free Future' Roving Exhibition (Anti-drug Roving Exhibition) was officially launched at its first stop at Central Market today (June 26). This Anti-drug Roving Exhibition aims to allow the public to properly understand the adverse effects caused by drugs through interactive exhibits.

Officiating at the opening ceremony of the Anti-drug Roving Exhibition, the Secretary for Security, Mr Tang Ping-keung, said that today is World Drug Day, and this year also marks the 185th anniversary of the Destruction of Opium at Humen event. In the past, anti-drug pioneer Lin Zexu broke new ground in the anti-drug efforts of China and the world by destroying opium to save our country. No matter whether it is opium in the past, or emerging new drugs of the present, their harmful effects are well documented in history. Anti-drug work has always been an arduous and important mission.

In addition, speaking at the same opening ceremony, the Chairman of Action Committee Against Narcotics (ACAN), Dr Donald Li, said that drugs would bring nothing good, only harm to society. It is never easy for drug abusers to beat their addiction. Members of the public will ruin their prospects if they take part in criminal offences including drug trafficking, possession of drugs, etc. He added that ACAN will have been established for 60 years by next year. The committee will keep making efforts to safeguard people's health and fight against drugs with the community.

The Anti-drug Roving Exhibition is co-organised by the Narcotics Division (ND) of the Security Bureau and ACAN, and is designed with the theme of interstellar space. Drugs are portrayed in the exhibition as aliens that should be defeated. This visual representation helps present the adverse effects caused by drugs on one's mind and body in a vivid manner. And by seeing the aliens, everyone will be strongly reminded again to stay away from drugs at all times, and the dire consequences of committing drug crimes.

Including the elements of STEM (science, technology, engineering and mathematics) and multimedia, the Anti-drug Roving Exhibition is divided into different theme zones with games, digital exhibition panels and photo booths to share anti-drug knowledge with visitors, and provide them with information about criminal liability for drug offences, how to seek help and so on. Anti-drug videos, animations and leaflets will also be available at the Anti-drug Roving Exhibition to provide visitors with precise information about resisting drugs and seeking help.

The first stop of the Anti-drug Roving Exhibition is open to the public free of charge for five days from today until June 30 (from 10am to 8pm) at the Event Space, 1/F, Central Market. After the first stop, the Anti-drug Roving Exhibition will be held at the Hong Kong Book Fair (Booth 3C-A32, Children's Paradise), shopping malls in different districts and tertiary institutes by the end of March next year. For more details of the Anti-drug

Roving Exhibition, please visit the dedicated webpage on the ND's website (www.nd.gov.hk/en/rovingexhibition.html).

Moreover, an anti-drug TV programme named "Sidewalk Scientist On Narcotics", which was commissioned by the ND and ACAN, will be broadcast on TVB Jade at 9.30pm on June 29 (Saturday). The programme analyses the harm caused by drugs from a scientific perspective in a straight-forward and easy-to-understand manner. The hosts invited a university lecturer in general education, a psychiatrist and a urologist to explain professionally how drugs can cause irreversible damage to one's physical and mental health. As well, the Hong Kong Police Force and Hong Kong Customs also took part in the production of the programme, including a short drama performed by the clever and agile customs detector dogs, to remind the public that taking part in drug trafficking will bring lifelong regrets. Members of the public are welcome to watch the programme to better understand the misconceptions about drugs.



