

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 13) 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.

[Territory-wide flag day today](#)

The Lok Sin Tong Benevolent Society, Kowloon has been issued a Public Subscription Permit to hold a territory-wide flag sale from 7am to 12.30pm today (July 13), a spokesman for the Social Welfare Department (SWD) said.

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/ngo/controlofc/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.

[24th Plenary of Hong Kong/Guangdong Co-operation Joint Conference held in Guangzhou \(with photos/videos\)](#)

The Chief Executive of the Hong Kong Special Administrative Region (HKSAR), Mr John Lee, leading the delegation of the HKSAR, met with the Secretary of the CPC Guangdong Provincial Committee, Mr Huang Kunming, and co-chaired the 24th Plenary of the Hong Kong/Guangdong Co-operation Joint Conference with the Governor of Guangdong Province, Mr Wang Weizhong, in Guangzhou today (July 12).

The Guangdong-Hong Kong-Macao Greater Bay Area (GBA) holds strategic importance in the country's new development pattern. During his inspection tour to Guangdong in April last year, President Xi Jinping stressed that "the GBA must be developed as a strategic fulcrum of the new development pattern, a demonstration zone of high-quality development, and a pioneer of Chinese modernisation", thereby setting the direction for taking forward the development of the GBA.

Mr Lee remarked, "Guangdong has all along been the most important partner of Hong Kong in regional co-operation with the Mainland. Hong Kong and Guangdong have a multi-disciplinary, in-depth and all-round co-operation relationship. In the past year, the communication and exchanges between the two sides have become closer, exchange visits at different levels have become

offering eligible Hong Kong elderly persons additional options of services points for using the Elderly Health Care Vouchers (EHCVs) in the GBA. Among the medical institutions included in the Pilot Scheme, five of them provide integrated services (including dental services) which are located in Guangzhou, Nansha, Zhongshan, Dongguan and Shenzhen, while the other two are dental institutions located in Shenzhen, enabling eligible Hong Kong elderly persons to use EHCVs to pay for services received. It is estimated that some 1.7 million eligible Hong Kong elderly persons will benefit from the Pilot Scheme. The coverage of EHCVs extended to include the First Affiliated Hospital, Sun Yat-sen University (FAH-SYSU) in Guangzhou from June 28, offering another service point where eligible Hong Kong elderly persons can use EHCVs for outpatient healthcare services in the GBA. Starting from July 18, the coverage of EHCVs will be further extended to include ZhongshanChenxinghai Hospital of Integrated Traditional Chinese and Western Medicine in Zhongshan. The remaining pilot medical institutions will launch the relevant arrangements from the third quarter of this year.

As regards health and medical innovation, the HKSAR Government will establish the Greater Bay Area International Clinical Trial Institute (GBAICTI) in the Hetao area by the end of 2024. The GBAICTI will provide one-stop clinical trial support services to further enhance the capacity and efficiency of clinical trials in Hong Kong. The HKSAR Government is actively discussing with the Shenzhen Municipal Government to jointly establish a clinical trial collaboration platform in the Hong Kong Park and Shenzhen Park of the Hetao Shenzhen-Hong Kong Science and Technology Innovation Co-operation Zone under the "one zone, two parks" model for the co-ordinated development of clinical trials, with a view to establishing a GBA clinical trial network leveraging a population base of over 86 million for conducting cross-boundary multi-centre clinical trials, and developing the HKSAR into an international health and medical innovation hub in the long run.

Regarding cross-boundary ambulance arrangement, the HKSAR Government is finalising the implementation details of the "Pilot Scheme for Direct Cross-Boundary Ambulance Transfer in the GBA" with the governments of Guangdong and Shenzhen, to enable direct point-to-point transfer of patients with special medical needs from The Hong Kong University-Shenzhen Hospital to public hospitals in Hong Kong without the need to change ambulances at control points.

As regards the development of Chinese medicine (CM), the HKSAR Government has been actively promoting the construction of the GBA CM highlands, and has taken forward work on various fronts, including the signing of strategic collaboration agreement between the Guangdong Provincial Hospital of Traditional Chinese Medicine and the Chinese Medicine Hospital of Hong Kong to establish a close partnership between the two hospitals and support the continuing development of the Chinese Medicine Hospital of Hong Kong; the roll-out of programmes such as the "GBA CM Visiting Scholars Programme" and "CM Enhanced In-patient Training Programme with GBA" by the Hospital Authority to foster talent exchange and nurturing; the recruitment of Hong Kong CM practitioners by public healthcare institutions in the GBA; and the registration and sale of Hong Kong-registered traditional proprietary

for Commerce and Economic Development, Dr Bernard Chan; and the Acting Secretary for Environment and Ecology, Miss Diane Wong.

Deputy Director of the Liaison Office of the Central People's Government in the HKSAR, Mr Yin Zonghua, and Member of the Office Leadership of the Hong Kong and Macao Work Office of the Communist Party of China Central Committee and the Hong Kong and Macao Affairs Office of the State Council, Mr Xiang Bin, also attended the meeting as special guests.



Frozen confection sample detected with coliform bacteria and total bacterial counts exceeding legal limit

The Centre for Food Safety (CFS) of the Food and Environmental Hygiene Department announced today (July 12) that a sample of frozen confection was found to contain coliform bacteria and total bacterial counts exceeding the legal limit. The CFS is following up on the incident.

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A spokesman for the CFS said, "The CFS collected the above-mentioned sample from a restaurant in Repulse Bay for testing when following up on a related food incident. The test result showed that the sample contained 410 coliform bacteria per gram and 160 000 bacteria per gram, exceeding the legal limit."

"The CFS has informed the restaurant concerned of the irregularity. The restaurant has already stopped selling and discarded the affected product according to the CFS's advice. The CFS has also provided health education on food safety and hygiene to the person-in-charge and staff of the restaurant, and requested it to carry out thorough cleaning and disinfection. Prosecution will be instituted should there be sufficient evidence," the spokesman said.

Under the Frozen Confections Regulation (Cap. 132AC), frozen confection for sale should not contain more than 100 coliform bacteria per gram or more than 50 000 bacteria per gram. The maximum penalty for offenders is a fine of \$10,000 and three months' imprisonment upon conviction. The fact that the coliform count and the total bacterial count exceeded the legal limit indicated that the hygienic conditions were unsatisfactory, but did not mean that consumption would lead to food poisoning.

The CFS will continue to follow up on the incident and take appropriate action to safeguard food safety and public health.