

# 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 11) 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.

---

## **Transport Department alerts public to fraudulent SMS message of HKeToll**

The Transport Department (TD) today (July 10) alerted members of the public to fraudulent SMS message purportedly issued by the HKeToll. The SMS message spoofs the name of "HKeToll" and provides a hyperlink with the domain name ([https://t\[.\]ly/HKetoll](https://t[.]ly/HKetoll)) to a fake HKeToll website, which seeks to deceive recipients into making payments and obtain their credit card information.

The TD clarifies that the SMS message was not issued by the HKeToll and has referred the case to the Police for follow-up. Members of the public are reminded that the HKeToll will not send SMS messages or emails to vehicle owners with hyperlinks which direct them to the websites to carry out transactions. If a vehicle owner wishes to pay an outstanding toll online, they must log in to the HKeToll website ([hketoll.gov.hk](http://hketoll.gov.hk)) or mobile app.

Members of the public should stay alert when receiving unidentified messages. They should not visit suspicious websites and disclose any personal information. Anyone who has provided their personal information to the websites concerned should contact the Police. For enquiries about the HKeToll, please call 3853 7333.

---

## **Hong Kong Customs makes further arrest in unfair trade practice case involving rehabilitation institution**

Hong Kong Customs conducted an enforcement action yesterday (July 9) and arrested a male director of a rehabilitation institution. A staff member of the institution is suspected of having applied a false trade description to the service supplied, and of engaging in unfair trade practices involving a misleading omission, in contravention of the Trade Descriptions Ordinance (TDO). Customs officers today (July 10) mounted an enforcement action again and arrested the male staff member for suspected contravention of the TDO.

Customs earlier received information alleging that a staff member of a rehabilitation institution falsely claimed to a customer that the prepaid book fees for a two-year training course could be refunded. However, the institution did not refund the fees to the customer in the end.

In addition, the staff member claimed that the accommodation deposit paid by the customer would be refunded after his children completed the

course. However, it was only after the institution ceased to provide the training course that the staff member informed the customer of a material information i.e. the deposit would not be refunded even the course was discontinued.

After investigations, Customs officers yesterday arrested the male director of the rehabilitation institution. The 47-year-old male staff member suspected to be involved in the case was further arrested today. The two arrested persons have been released on bail pending further investigation.

An investigation is ongoing, and the possibility of other persons involved in the case being arrested is not ruled out.

Under the TD0, any trader who applies a false trade description to a service supplied or offered to be supplied to a consumer commits an offence. Any trader who engages in a commercial practice that omits or hides material information or provides material information in a manner that is unclear, unintelligible, ambiguous or untimely, and as a result causes, or is likely to cause, an average consumer to make a transactional decision, commits an offence. The maximum penalty upon conviction is a fine of \$500,000 and imprisonment for five years.

Members of the public may report any suspected violations of the TD0 to Customs' 24-hour hotline 2545 6182 or its dedicated crime-reporting email account ([crimereport@customs.gov.hk](mailto:crimereport@customs.gov.hk)) or online form ([eform.cefs.gov.hk/form/ced002/](http://eform.cefs.gov.hk/form/ced002/)).

---

## [11 persons arrested during anti-illegal worker operations \(with photo\)](#)

The Immigration Department (ImmD) mounted a series of territory-wide anti-illegal worker operations codenamed "Lightshadow" to combat illegal food delivery couriers for three consecutive days from July 8 to today (July 10). A total of eight suspected illegal workers and three suspected aiders and abettors were arrested.

During the anti-illegal worker operations, proof of identity checks were conducted on 93 food delivery couriers by ImmD Task Force officers. Eight suspected illegal workers and three suspected aiders and abettors were arrested. The eight arrested suspected illegal workers were non-ethnic Chinese males aged 20 to 45. All were found to be holders of recognisance forms and were non-refoulement claimants, which prohibit them from taking any employment in Hong Kong. Among them, three men were also suspected of illegally using electric mobility devices. Relevant cases will be referred to the Hong Kong Police Force for follow-up action.

Furthermore, three suspected aiders and abettors were Hong Kong residents age 19 to 45. The one man and two women were arrested for being suspected of a conspiracy to defraud delivery platforms by selling or renting their food delivery courier accounts to the illegal workers.

An ImmD spokesman said, "Any person who contravenes a condition of stay in force in respect of him or her shall be guilty of an offence. Also, visitors are not allowed to take employment in Hong Kong, whether paid or unpaid, without the permission of the Director of Immigration. Offenders are liable to prosecution and upon conviction face a maximum fine of \$50,000 and up to two years' imprisonment. Aiders and abettors are also liable to prosecution and penalties."

The spokesman warned, "As stipulated in section 38AA of the Immigration Ordinance, an illegal immigrant, a person who is the subject of a removal order or a deportation order, an overstayer or a person who was refused permission to land is prohibited from taking any employment, whether paid or unpaid, or establishing or joining in any business. Offenders are liable upon conviction to a maximum fine of \$50,000 and up to three years' imprisonment."

The spokesman reiterated that it is a serious offence to employ people who are not lawfully employable. Under the Immigration Ordinance, the maximum penalty for an employer employing a person who is not lawfully employable, i.e. an illegal immigrant, a person who is the subject of a removal order or a deportation order, an overstayer or a person who was refused permission to land, has been significantly increased from a fine of \$350,000 and three years' imprisonment to a fine of \$500,000 and 10 years' imprisonment to reflect the gravity of such offences. The director, manager, secretary, partner, etc, of the company concerned may also bear criminal liability. The High Court has laid down sentencing guidelines that the employer of an illegal worker should be given an immediate custodial sentence.

According to the court sentencing, employers must take all practicable steps to determine whether a person is lawfully employable prior to employment. Apart from inspecting a prospective employee's identity card, the employer has the explicit duty to make enquiries regarding the person and ensure that the answers would not cast any reasonable doubt concerning the lawful employability of the person. The court will not accept failure to do so as a defence in proceedings. It is also an offence if an employer fails to inspect the job seeker's valid travel document if the job seeker does not have a Hong Kong permanent identity card. Offenders are liable upon conviction to a maximum fine of \$150,000 and to imprisonment for one year. In that connection, the spokesman reminded all employers not to defy the law by employing illegal workers. The ImmD will continue to take resolute enforcement action to combat such offences.

Under the existing mechanism, the ImmD will, as a standard procedure, conduct an initial screening of vulnerable persons, including illegal workers, illegal immigrants, sex workers and foreign domestic helpers, who are arrested during any operation with a view to ascertaining whether they are trafficking in persons (TIP) victims. When any TIP indicator is revealed

in the initial screening, the ImmD officers will conduct a full debriefing and identification by using a standardised checklist to ascertain the presence of TIP elements, such as threats and coercion in the recruitment phase and the nature of exploitation. Identified TIP victims will be provided with various forms of support and assistance, including urgent intervention, medical services, counselling, shelter or temporary accommodation and other supporting services. The ImmD calls on TIP victims to report crimes to the relevant departments immediately.

