

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 21) 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.

"The obese, the sick, including those with heart disease or high blood pressure, the old and the young are more vulnerable to heat-related illnesses. 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 place additional demands on the physique;
- Perform outdoor activities in the morning or late afternoon;
- For indoor activities, open all windows, use a fan or use air-conditioning to maintain good ventilation; and
- Reschedule work to cooler times of the day.

If working in a hot environment is inevitable, introduce shade in the workplace where practicable, and start work slowly and pick up the pace gradually. Get into 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 remains high (6 or above):

- Minimise direct exposure of the skin and the eyes to sunlight;
- Wear loose long-sleeved clothing made of close-woven fabrics;
- Wear a wide brim 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 or sweating; 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 get more information from the DH's Health Education Hotline (2833 0111), [heat stroke](#) page and [UV radiation](#) page; the HKO's Dial-a-Weather (1878 200), latest [weather 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.

[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 and providing mechanical aids to reduce physical exertion of employees. 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 inform their supervisors and seek medical help immediately.

[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](#)

Yan Chai Hospital has been issued a Public Subscription Permit to hold a territory-wide flag sale from 7am to 12.30pm today (July 21), a spokesman for the Social Welfare Department (SWD) said.

For enquiries, please call the SWD's hotline at 2343 2255, or the Charitable Fund-raising Control Team at 2832 4311 during office hours. Information on the flag days of the month is available at the SWD's website (www.swd.gov.hk/en/index/site_whatsnew). Permits for flag days containing contact information of the flag-selling organisations and information on the approved flag-selling activities have also been uploaded to the SWD's website (www.swd.gov.hk/en/index/site_pubsvc/page_controlofc/sub_recentlyap). For enquiries about the detailed flag-selling arrangements, please contact the individual flag-selling organisations.

Details of the charitable fund-raising activities covered by the Public Subscription Permit issued by the SWD have also been uploaded to the GovHK website (www.gov.hk/fundraising).

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.

[Seventh Hong Kong Thematic Film](#)

Festival launched in Beijing (with photos)

The 7th Hong Kong Thematic Film Festival, entitled "Music in Hong Kong Cinema" and jointly presented by the Office of the Government of the Hong Kong Special Administrative Region in Beijing (the Beijing Office) and Broadway Cinematheque, was launched tonight (July 20) at Broadway Cinematheque MOMA, Beijing.

This year's film festival is themed around film scores and includes a selection of impressive work covering genres such as wuxia, musicals and Chinese opera, and will travel to 15 cities across the Mainland. The guest curator of the film festival is Lowell Lo, a famous Hong Kong musician. After tonight's screening of the opening film he shared some of his creative ideas on making film music with the audience.

To mark the 40th anniversary of China's reform and opening-up this year, a seminar will be specially held during the festival period with veteran Hong Kong and Mainland experts and academics invited to review the history and environmental changes in the co-production of films between the two places, and to explore strategies and opportunities on film co-production in the future.

Tonight's opening ceremony was officiated by the Director of the Beijing Office, Ms Gracie Foo; Executive Director of Edko Films Limited, Ms Tessa Lau; Director of Broadway Cinematheque, Mr Gary Mak; Mr Lo; well-known lyricist Susan Tang; guest speakers for the seminar including renowned Hong Kong cinematographer and film director Peter Pau; prominent local film critic Reeve Wong as well as veteran film producers Shan Tam and Eric Lin.

Speaking at the opening ceremony, the Director of the Beijing Office, Ms Gracie Foo, said that the film festival was held annually in different Mainland cities with the aim of promoting contemporary Hong Kong film culture and to foster closer exchange between the Hong Kong and Mainland film industry.

She also noted that this year marks the 40th anniversary of the country's reform and opening-up, and the filmmaking industry had been booming over the past years. After the signing of CEPA (Mainland and Hong Kong Closer Economic Partnership Arrangement) in 2003, there was an upsurge of co-production films in the two places. Through the seminar, Hong Kong and the Mainland could explore strategies and opportunities on film co-production to boost closer co-operation, she said.

The opening of the film festival was marked by the screening of a film trailer of 17 films, namely the opening film "A Chinese Odyssey Part Two-Cinderella" as well as "Passion", "The Legend of the Owl", "Hong Kong Nocturne", "Perhaps Love", "Swordsmen", "Lost in Time", "The Mad Phoenix",

"Banana Cop", "Twelve Nights", "Once Upon a Time in China II", "A Chinese Ghost Story", "The Phantom Lover", "Stage Door", "Peking Opera Blues", "The Wild, Wild Rose" and "Cold War". The films will be screened from July 20 to 29 at Broadway Cinematheque MOMA and Broadway Cinema (Oriental Plaza store), Beijing.

After the Beijing leg, the film festival will travel to Jinan, Shenyang, Shanghai, Dalian, Tianjin, Kunming, Chengdu, Chongqing, Hangzhou, Shenzhen, Guangzhou, Wuhan, Changsha and Ningbo, lasting until the end of this year.

