

# 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.

"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.

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## [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.

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## [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.

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## [CE attends technology conference \(with photos/video\)](#)

The Chief Executive, Mrs Carrie Lam, said at a dialogue session at the RISE 2018 conference at noon yesterday (July 10) that she will lead Hong Kong to develop innovation and technology (I&T) by devoting a large amount of resources in it and providing support to start-ups proactively.

Mrs Lam had a dialogue with the moderator on ways to promote I&T development at a session with an audience of over 1 000 people. Mrs Lam said that Hong Kong has room for improvement in the development of smart city but the city is quickly catching up and a favourable environment for I&T is being created in Hong Kong through the eight-pronged approach outlined by her earlier. She added that the Government has set up a Financial Leaders Forum, chaired by the Financial Secretary, which facilitated the amendments of the Listing Rules, helping companies from emerging and innovative sectors list in Hong Kong. Noting that Hong Kong possesses advantages in scientific research, she expressed the hope that with support in areas such as resources, nurturing of talent and working space, as well as complementarity with other cities in the Guangdong-Hong Kong-Macao Bay Area, transformation of scientific and technological achievements will be enhanced. She said she welcomes talent from around the world to develop careers in Hong Kong.

After the dialogue session, Mrs Lam toured the booths set up by some Hong Kong-based start-ups. Products on display were designed with a combination of technology and creativity, including a social e-commerce platform to which users can upload photos of clothes to find out where they can be bought, a 3D body measurement scanning device to help consumers buy well-fitting clothes and customised T-shirt service.

RISE is the largest technology conference in Asia. It is held from July 9 to 12 at the Hong Kong Convention and Exhibition Centre this year, attracting about 15 000 representatives from more than 100 countries and

regions to take part, including entrepreneurs, investors and startup representatives.



## [Response to Joint Letter from Members of UK Parliament](#)

In response to comments contained in the Joint Letter from some Members of UK Parliament on the condition of fundamental freedoms and rule of law in the Hong Kong Special Administrative Region (HKSAR), a spokesman for the HKSAR Government made the following response today (July 10):

Since the return to the Motherland, the HKSAR has been exercising a high degree of autonomy and "Hong Kong people administering Hong Kong" in strict accordance with the Basic Law. This demonstrates the full and successful implementation of the "one country, two systems" principle, which has been widely recognised by the international community.

In the HKSAR, the fundamental rights of residents are fully protected by the Basic Law, the Hong Kong Bill of Rights Ordinance (Cap 383) (HKBORO) and other relevant legislation.

The rule of law and judicial independence are the cornerstone of Hong Kong and the important elements of the success of the "one country, two systems" principle. The HKSAR Government has all along stood firm to guard and uphold the rule of law. The Department of Justice handles all criminal cases in accordance with the applicable law, relevant evidence and the Prosecution Code with no political consideration at all. The courts exercise judicial power independently.

Under Article 158 of the Basic Law, the Standing Committee of the National People's Congress (NPCSC) has the power to interpret the Basic Law. The NPCSC's power of interpretation of the Basic Law is part of the constitutional order of the HKSAR, and is recognised by Hong Kong courts. The NPCSC Interpretation in 2016 clearly explains the meaning of Article 104 of the Basic Law and the consequences of contravening the provision. The Interpretation also explains clearly the requirements for oath-taking by specified officers, including members of the Legislative Council. Any allegation of "political screening" is misleading and ill-founded.

Foreign legislatures should not interfere in any form in the internal affairs of the HKSAR. Statements arbitrarily made to undermine and bring possible damage to the rule of law and our well-recognised reputation in this regard is not conducive to Hong Kong's progress.