

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 (May 20) 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.

[Hong Kong Customs combats packing and](#)

supply of suspected counterfeit rice (with photo)

Hong Kong Customs raided a suspected counterfeit rice packing and storage centre in an operation conducted in San Po Kong yesterday (May 18) to combat the packing and supply of suspected counterfeit rice. About 15 tonnes of suspected counterfeit rice in packs, 6 tonnes of packed low-priced rice, and 1.6 tonnes of genuine brand rice with an estimated market value of about \$178,000 were seized. Some rice-mixing apparatus and more than 7 000 suspected counterfeit rice bags were also seized during the operation.

Customs officers earlier received information about activities of packing and supply of counterfeit rice in the market. Initial investigation revealed that unscrupulous traders supplied low-priced rice to local food establishments as high-priced rice.

After an in-depth investigation and with the assistance of trademark owners, Customs officers conducted an operation yesterday in San Po Kong and seized the rice from four units in an industrial building.

Some rice-mixing apparatus and more than 7 000 rice bags with suspected counterfeit markings were also seized. A haul of low-priced rice in packs with an estimated weight of over 50 tonnes was found as well at the scene.

During the operation, Customs officers arrested a 27-year-old man and a 40-year-old woman, who are the persons-in-charge of a foodstuff company.

Investigation is ongoing and the arrested persons have been released pending further investigation.

Group Head (Intellectual Property Investigation (Operations)) of Customs Mr Guy Fong said at a press conference today (May 19) that Customs has all along been taking stringent enforcement actions against the sale of counterfeit goods.

He reminded that the sale of counterfeit goods is a serious crime and offenders are liable to criminal sanctions.

Customs also appeals food establishments to procure from reputable supply sources; and to check with the trademark owners or their authorised agents if there is any doubt in the product's authenticity.

Under the Trade Descriptions Ordinance, any person who sells or possesses for sale any goods with a forged trademark 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 infringing activities to the Customs 24-hour hotline 2545 6182 or dedicated crime-reporting email account (crimereport@customs.gov.hk).



[Update on CFS' investigation on French raw milk cheese suspected to be contaminated with E.coli \(026\)](#)

The Centre for Food Safety (CFS) of the Food and Environmental Hygiene Department said today (May 19) that the CFS been following up on the incident of a kind of French raw milk cheese suspected to be contaminated with Escherichia coli (E. coli) (026) and has earlier suspended the import into and sale within Hong Kong of that kind of cheese. CFS' further investigation and the Rapid Alert System for Food and Feed of the European Commission's latest notification revealed that two more local importers had previously imported and sold the affected cheese. The CFS urged the trade to stop using or selling the product concerned if they possess it. Members of the public should not consume the product concerned if they have bought it.

Details of the product are as follows:

Product name: LE PERE FANFOUE Reblochon Cheese AOP or REBLOCHON DE SAVOIE AOP AU LAIT CRU

Place of origin: France

Manufacturer: FROMAGERIES CHABERT

Packing: 450g per pack

Lots: Lot numbers starting with 8CR

Sanitary mark: FR 74. 096. 050 CE

A spokesman for the CFS said, "CFS' further investigation confirmed that two local importers, City Super Limited and Culina (HK) Ltd, had also imported and sold the above-mentioned affected product. The importers concerned had removed from shelves and stopped sale of the affected product. They have initiated a recall according to the CFS' instructions. Enquiries about the recall can be made to the City Super Limited's hotline at 2736 3866 and Culina (HK) Ltd's hotline at 2342 3221 during office hours.

"People will contract E. coli causing gastro-intestinal disease through consumption of contaminated water or undercooked and contaminated foods. Intestinal bleeding and serious complications such as hemolytic uraemic

syndrome may also develop in some people. Moreover, due to poor personal hygiene, person-to-person transmission of this pathogen is possible through the oral-faecal route. E. coli cannot survive under high temperature and can be killed by thorough cooking."

The spokesman urged consumers not to consume the affected product if they have bought any. The trade should also stop using or selling the product concerned immediately if they possess it.

The CFS will alert the trade to the incident. It will continue to closely monitor the incident and take appropriate follow-up action. Investigation is on-going.

[HAD to open temporary night heat shelters](#)

The Home Affairs Department will open 15 temporary night heat shelters tonight (May 19) for people in need of the service.

The shelters will be open from 10.30pm until 8am tomorrow.

For further information, please call the department's enquiry hotline before midnight on 2835 1473.

The 15 temporary night heat shelters are located at:

Hong Kong Districts:

Central and Western –
Sai Ying Pun Community Complex Community Hall
3/F, Sai Ying Pun Community Complex,
2 High Street, Sai Ying Pun

Eastern/Wan Chai –
Causeway Bay Community Centre
7 Fook Yum Road, Causeway Bay

Kowloon Districts:

Kowloon City –
Hung Hom Community Hall
1/F, Kowloon City Government Offices
42 Bailey Street, Hung Hom

Kwun Tong –
Lam Tin (West) Estate Community Centre
71 Kai Tin Road, Lam Tin

Sham Shui Po –
Shek Kip Mei Community Hall
G/F, Block 42, Shek Kip Mei Estate, Sham Shui Po

Wong Tai Sin –
Tsz Wan Shan (South) Estate Community Centre
45 Wan Wah Street, Tsz Wan Shan

Yau Tsim Mong –
Henry G. Leong Yaumatei Community Centre
60 Public Square Street, Yau Ma Tei

New Territories Districts:

Kwai Tsing –
Kwai Shing Community Hall
Podium, Block 6, Kwai Shing West Estate, Kwai Chung

North –
Cheung Wah Community Hall
Cheung Wah Estate, Fanling

Sha Tin –
Lung Hang Estate Community Centre
Lung Hang Estate, Sha Tin

Tai Po –
Tai Po Community Centre
2 Heung Sze Wui Street, Tai Po

Tsuen Wan –
Lei Muk Shue Community Hall
G/F, Hong Shue House, Lei Muk Shue Estate, Tsuen Wan

Tuen Mun –
Butterfly Bay Community Centre
Butterfly Estate (near Tip Sum House), Tuen Mun

Yuen Long –
Long Ping Community Hall
Long Ping Estate, Yuen Long

Yuen Long –
Tin Yiu Community Centre

Tin Yiu Estate, Tin Shui Wai