

Special traffic arrangements for race meeting in Sha Tin tomorrow

Police advise motorists that special traffic arrangements will be implemented in Sha Tin to facilitate the race meeting tomorrow (May 20).

The arrangements will come into effect two hours before the start of the first race and will last until the crowds have dispersed after the race meeting.

Appropriate traffic signs will be put up and police will be on hand to guide motorists.

The Police also appeal to people going to Sha Tin Racecourse for the race meeting and to Happy Valley Racecourse for cross betting to make maximum use of public transport.

Parking spaces at the two racecourses are available only to holders of appropriate permits issued by Hong Kong Jockey Club and any vehicles illegally parked will be towed away.

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 19) 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.

Toronto ETO stages "Hong Kong: Asia's World City" roving exhibition across Canada (with photos)

The Hong Kong Economic and Trade Office (Toronto) (Toronto ETO) will stage a roving exhibition entitled "Hong Kong: Asia's World City" in different cities across Canada from May to October. The roving exhibition will showcase Hong Kong's achievements in areas such as economic development, innovation and technology, transport and infrastructure and arts and culture, as well as the beauty of its natural environment to members of the Canadian public.

Speaking at the opening ceremony of the roving exhibition in the Greater Toronto Area being held at the Markham Civic Centre today (May 18, Toronto time), the Director of the Toronto ETO, Miss Kathy Chan, said the roving exhibition provides an opportunity for the Canadian public to learn more about Hong Kong, especially some little-known facts about Asia's world city.

She noted that Hong Kong is an international economic and trade hub, and is also one of the world's three most important financial centres together with London and New York. "Hong Kong has been able to achieve this thanks to its unparalleled business advantages, including a free and open economy, rule of law, a level playing field, a simple tax system, clean and efficient government as well as a vast pool of professional talent," she said.

But Hong Kong is not just an excellent place for doing business – Hong Kong has more to offer. "Though Hong Kong has as many as 7.39 million people, the population is highly concentrated. Of the some 1 100 square kilometres of land, about three quarters of land is occupied by green countryside and about 40 per cent has been designated as country parks or special areas for conservation of our rich bio-diversity," Miss Chan said. There are also many hiking trails in the country parks, which are just a stone's throw away from urban areas. "Among Hong Kong's great variety of landscapes, outstanding examples include the Hong Kong Geopark, where amazing rock formations formed hundreds of millions of years ago render it a member of the United Nations Educational, Scientific and Cultural Organization Global Geoparks Network, as well as the Mai Po Inner Deep Bay area, which is among Asia's most important habitats for migratory water birds in winter," she added.

Apart from its beautiful nature, Hong Kong is also a vibrant arts and cultural hub. "More than 8 600 performances are held in Hong Kong every year, featuring the creative works of local arts bodies as well as visiting art troupes, attracting audiences in the millions," Miss Chan said. To advance the city as an international cosmopolitan of arts and culture, Hong Kong is pushing ahead with the development of the West Kowloon Cultural District, which will include a number of museums and world-class performing arts venues. Of them, the Xiqu Centre, which is dedicated to the promotion of

Cantonese opera and other forms of traditional Chinese theatre, will be commissioned later this year.

Miss Chan invited guests at the opening ceremony to find out more about Hong Kong's latest developments by visiting the exhibition.

Today's opening ceremony was also attended by Senator of the Parliament of Canada Mr Victor Oh; Member of the Parliament of Canada Ms Mary Ng; the Mayor of the City of Markham, Mr Frank Scarpitti, and councillors from Markham, Vaughan and Richmond Hill.

Before the opening ceremony came to a close, the guests were treated to a Chinese instrumental performance by erhu master Linlin Wang, who is a graduate of the Hong Kong Academy for Performing Arts, together with two Canadian masters of the guzheng and yangqin.

The roving exhibition will run from May to October in various cities across Canada. The tentative dates and venues are listed below:

May 18 to 24	Markham Civic Centre
June 14 to 19	Vancouver Public Library
June 18 to 24	Richard Charles Lee Canada-Hong Kong Library of the University of Toronto
Late July/Early Aug	Aberdeen Centre in Richmond
August 20 to 26	Cadillac Fairview Mall in Toronto
August 27 to 31	Toronto City Hall
September 11 to 17	Vaughan City Hall
Early October	McMaster University in Hamilton



