

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 16) 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.

Fatal traffic accident in Pat Heung

Police are investigating a fatal traffic accident in Pat Heung this afternoon (May 15) in which a 58-year-old man died.

At about 1.44pm, a heavy goods vehicle (HGV) driven by a 58-year-old man was travelling along Kam Tin Road towards Tai Po. When approaching near Wang Toi Shan Lo Uk Tsuen, it reportedly lost control, dashed to the opposite lane and collided with a bus driven by a 44-year-old woman.

Sustaining serious head injuries, the HGV driver was rushed to Pok Oi Hospital in unconscious state and was certified dead at 2.56pm. The bus driver, sustaining head injuries, was sent to Pok Oi Hospital and later transferred to Tuen Mun Hospital in conscious state. Two male bus passengers, aged 33 and 31 respectively, also sustained minor injuries during the accident and were sent to Pok Oi Hospital in conscious state.

Investigation by the Special Investigation Team of Traffic, New Territories North is underway.

Anyone who witnessed the accident or has any information to offer is urged to contact the investigating officers on 3661 3800 or 3661 3819.

Hong Kong Customs seizes suspected pangolin scales and mercury (with

photo)

Hong Kong Customs today (May 15) seized about 630 kilograms of suspected pangolin scales and 2 660kg of suspected smuggled mercury from a container with an estimated market value of about \$1.4 million at the Tsing Yi Customs Cargo Examination Compound.

Through risk assessment, Customs officers inspected a 40-foot container declared to contain plastic scrap arriving in Hong Kong from Indonesia. Upon inspection, Customs officers found the suspected pangolin scales and mercury in the container.

Investigation is ongoing.

Under the Import and Export Ordinance, any person found guilty of importing or exporting unmanifested cargo is liable to a maximum fine of \$2 million and imprisonment for seven years.

Under the Protection of Endangered Species of Animals and Plants Ordinance, any person found guilty of importing or exporting an endangered species without a licence is liable to a maximum fine of \$10 million and imprisonment for ten years.

Members of the public may report any suspected smuggling activities to the Customs 24-hour hotline 2545 6182, or dedicated crime-reporting email account (crimereport@customs.gov.hk).

