

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 5) 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.

"Infants and children, the elderly, pregnant women, those with chronic illnesses, such as heart disease or high blood pressure, outdoor/manual workers, and individuals who are overweight are more vulnerable to heat stroke.. 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 can place additional demands on the physique;
- Perform outdoor activities in the morning or the late afternoon, if possible;
- For indoor activities, open all windows, use a fan or use air-conditioning to maintain good ventilation;
- Do not stay inside a parked vehicle; and
- Reschedule work to cooler times of the day if feasible. If working in a hot environment is inevitable, introduce shade in the workplace where practicable. Start work slowly and pick up the pace gradually. Move to a cool area for rest at regular intervals to allow the body to recuperate.

â€‹The public should also note the latest and the forecast Ultraviolet (UV) Index released by the Hong Kong Observatory (HKO). When the UV Index is high (6 or above):

- Minimise direct exposure of the skin and the eyes to sunlight;
- Wear long-sleeved and loose-fitting clothes;

- Wear a wide-brimmed hat or use an umbrella;
- Seek a shaded area or put on UV-blocking sunglasses;
- Apply a broad-spectrum sunscreen lotion of at least sun protection factor (SPF) 15 – ideally higher – and reapply every two hours if you stay out in the sun, or after swimming, sweating or towelling off; and
- While using DEET-containing insect repellents for personal protection against mosquito-borne diseases, apply sunscreen first, then insect repellent.

â€œIf 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.

â€œThe public may obtain more information from the DH's Health Education Infoline (2833 0111), [heat stroke](#) page and [UV radiation](#) page; the HKO's Dial-a-Weather (1878 200), latest [weather report 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.

[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.

United Nations Human Rights Council formally adopts Universal Periodic Working Group's review report on China (with photo)

The United Nations Human Rights Council (UNHRC) formally adopted the review report on China by the Working Group on the Universal Periodic Review at the meeting held in Geneva, Switzerland, on July 4 (Geneva time).

The Working Group held meetings in January this year to examine the fourth report submitted by China under the Universal Periodic Review mechanism, which includes a section on the Hong Kong Special Administrative Region (HKSAR), and adopted the review report on China. The UNHRC held a meeting on July 4 to discuss and formally adopt the review report. The Ambassador Extraordinary and Plenipotentiary, Permanent Representative of the People's Republic of China to the United Nations Office at Geneva and other International Organizations in Switzerland, Mr Chen Xu, as the Head of China's delegation, led the delegation to participate in the meeting. The Chief Secretary for Administration, Mr Chan Kwok-ki, as Deputy Head of China's delegation, took part together with officials of the HKSAR Government as members of China's delegation.

The review report of the Working Group covers a total of 428 recommendations raised with China by the United Nations Member States, including 24 pertaining to the HKSAR. In accordance with the general principles adopted by the Central Government, the HKSAR Government has carefully considered such pertinent recommendations and taken a position on each of them for submission to the Central Government. China's replies regarding all of the 428 recommendations are set out in the addendum of the review report.

A spokesman for the HKSAR Government said, "Throughout the review, many countries have spoken highly of China's human rights progress and fully acknowledged China's efforts and historic achievements in advancing and protecting human rights. The HKSAR Government has been steadfastly joining the country in the review. It has actively responded to the views and suggestions about the human rights situation of the HKSAR from some countries, and sternly rebutted the unfounded and untrue remarks from a small number of countries."

Upon expounding on the HKSAR's human rights situation at the Working Group meeting in January this year, Mr Chan further pointed out at the UNHRC meeting on July 4 that the HKSAR has fulfilled the constitutional duty to enact local legislation to safeguard national security. Hong Kong people no longer need to worry about the return of the days of violence and destruction. They can reclaim their peaceful and prosperous way of living, and

can fully enjoy their legitimate rights and freedoms as guaranteed by the Constitution and the Basic Law.

Mr Chan added that, with the rule of law, a highly efficient market, a clean government, a free flow of capital, talent, information and goods, as well as an international lifestyle, Hong Kong has everything it takes to be a world-class city, and that, at the same time, Hong Kong continuously promotes the welfare of the elderly, children and women, as well as the rights of local and imported workers alike, through targeted policies.

He stressed that, with the country's strong support and the unique advantages of "one country, two systems", Hong Kong will continue to go from strength to strength as one of the world's best cities to live in.

The HKSAR Government spokesman reiterated, "The HKSAR Government is steadfast in safeguarding national sovereignty, security and development interests, fully and faithfully upholding this top priority of the 'one country, two systems' principle. At the same time, it protects the legal interests, rights and freedoms enjoyed by Hong Kong residents and other people in Hong Kong in accordance with the law. It will resolutely safeguard the overall interest of the community and the long-term prosperity and stability of Hong Kong, ensuring the steadfast and successful implementation of 'one country, two systems'.

"Looking ahead, the HKSAR Government will continue to collaborate with all sectors of society to protect and promote human rights through security, development and co-operation, and tell the international community good stories of the HKSAR's human rights situation in a reasoned and robust manner."

Mr Chan, together with other officials of the HKSAR Government who attended the Council meeting, will leave Geneva, Switzerland, on July 4. They will arrive in Hong Kong on July 5 (Hong Kong time).



CS speaks at United Nations Human Rights Council plenary meeting (with photo)

The Chief Secretary for Administration, Mr Chan Kwok-ki, attended and spoke at the plenary meeting of the United Nations Human Rights Council in Geneva, Switzerland, on July 4 (Geneva time). The meeting discussed and formally adopted the review report on China, which includes contents about the Hong Kong Special Administrative Region (HKSAR), of the Working Group on the Universal Periodic Review of the Council.

Mr Chan, as Deputy Head of China's delegation, attended the meeting together with officials of the HKSAR Government as members of China's delegation. Following are the remarks delivered by him at the meeting:

Mr President,

A few days ago, we celebrated the 27th anniversary of the establishment of the Hong Kong Special Administrative Region of the People's Republic of China. Since our return to the motherland, the principle of "one country, two systems" has been the cornerstone of our long-term prosperity and stability.

In March this year, with overwhelming support from the public and our Legislative Council, we finally fulfilled our constitutional duty to enact local legislation to safeguard national security. Our people no longer need to worry about the return of the days of violence and destruction. They can reclaim their peaceful and prosperous way of living, and can fully enjoy their legitimate rights and freedoms as guaranteed by the Constitution and the Basic Law.

Our economy is growing and is as vibrant as ever. With the rule of law, a highly efficient market, a clean government, a free flow of capital, talent, information and goods, as well as an international lifestyle, Hong Kong has everything it takes to be a world-class city. Since late 2022, our talent admission schemes have attracted over 320 000 applications from all over the world, serving as a clear vote of confidence in the city's bright future.

At the same time, we spare no efforts in fostering a caring and inclusive society. Through targeted policies, we continuously promote the welfare of the elderly, children and women, as well as the rights of local and imported workers alike.

Mr President, with our country's strong support and the unique advantages of "one country, two systems", Hong Kong will continue to go from strength to strength as one of the world's best cities to live in.

Thank you.



[Speech by FS at Braemar Hill Nursery School 45th Anniversary and 40th Graduation Ceremony \(English only\) \(with photo\)](#)

Following is the speech by the Financial Secretary, Mr Paul Chan, at Braemar Hill Nursery School 45th Anniversary and 40th Graduation Ceremony today (July 4):

Ms Stella Lu (Supervisor of Braemar Hill Nursery School, Ms Stella Lu), Principal Leanne Lu (Principal of Braemar Hill Nursery School, Ms Leanne Lu), Reverend Koon (Legislative Council Member, Reverend Canon Peter Douglas Koon), teachers, students, parents, ladies and gentlemen, boys and girls,

I am delighted to be here, with you, tonight, to celebrate Braemar Hill Nursery School's 45th anniversary and this evening's 40th Graduation Ceremony. As some of you may know, I'm involved in finance and economic development.

I love what I do, but I must say talking to bankers, money managers and company owners doesn't make me smile in quite the same way as seeing all of you here this evening.

So many proud teachers and parents, so many happy students about to graduate from K3. Ready now for primary school. For another eventful stage in your young and promising lives.

So let me ask our young graduates, and tell me as loud as you can: do you like your school?

Ah, I can hear your love of this school! But it is also time for each of you to start a new journey. Some of you may join each other in primary school, while some will have to say goodbye to your friends.

It may be a little bit saddening, but let's not forget happiness. Sometimes we lose happiness – we don't know where it went. But then there it is, right in front of you. Waiting to put its shine all over you.

That reminds me of a story about a boy named Jack.

A long time ago in a galaxy far, far away – no, this is not a Star Wars story – there lived a young boy named Jack. Jack was always curious and loved to ask questions. One day, he asked his grandmother, "What is happiness, and where can I find it?"

His grandmother smiled and said, "Happiness is like a garden. To find it, you must plant the seeds of kindness, curiosity and resilience."

Jack decided he must find those seeds. He travelled far and wide. He climbed mountains, sailed the seas and explored cities and towns and villages all over the world. And everywhere Jack went, he asked people if they knew where the seeds were.

Sadly, no one knew. But while he never found those seeds, Jack did discover the world, its people and its creatures, with his own curious eyes. And through it all, Jack kept an open heart. He was kind to everyone, and everything, and he made many friends along the way.

When he finally returned home, his grandma asked him, "Jack, did you find the seeds of happiness?"

"No grandma. I looked everywhere and couldn't find them anywhere," said Jack. "But I don't think I need them. I feel happy anyway."

"That's because you've already planted those seeds, Jack," said grandma. "Kindness, curiosity and resilience – they're in your heart. And they've sprouted, their roots and leaves growing like magic."

And, well you know the rest, children: Jack lived happily ever after.

Parents, teachers, and children, maybe it's just a story, but it reminds us of something so simple yet so important: happiness, and indeed many other virtues, are just around the corner.

Likewise, for the very elements of success. There may be books telling us the 100 rules of how to become successful. But ultimately, it may boil down to just a few simple principles.

Two of them, in my view, are particularly important.

First, curiosity. In my career, I often deal with outstanding and successful people from all walks of life. And while each of them is blessed with distinct gifts, certain traits appear again and again – passion and curiosity, among them. Constantly asking questions, wanting to learn, to innovate, are often at the heart of their achievements.

Today, artificial intelligence, or AI, can perform many repetitive tasks, write articles, and analyse data. But even the most powerful AI models will need humans to ask questions in the first place.

Curiosity and imagination are the core to push the boundaries of possibilities.

Second, optimism. Optimism is all about staying as positive as you can, even in very difficult times. Life won't always be smooth sailing. Indeed, many great people – be they leaders, innovators, writers, sportspeople – failed numerous times before making great achievements. But common to them is that they learn from failures, avoid the same mistakes, and do better next time. Take challenge or failure as a friend, a good companion in life. There is no need to fear losing.

I am pleased to note that Braemar Hill Nursery School is committed to instilling children with these and many other good values, in addition to pursuing academic excellence.

To this end, the school's holistic approach is commendable. Its commitment to cultivating Christian character and values, its emphasis on children trying their best, pursuing excellence while encouraging and supporting one another help children build a healthy and well-balanced outlook on life.

The love and attention that the teachers at the School show towards the children are remarkable. Their keen observations and valuable insights extend beyond academic matters to include the emotional and social development of the children.

And it is keen on building a community, not only among children but also among the parents. The famous tug-of-war competition on sports fun day and the K3 graduation trip are perfect examples of how the school engages parents and builds camaraderie among them.

To parents, I also want to commend you for your love and dedication for your children. You have gone through very trying times during the COVID-19 pandemic and what all of that entailed. It is heartening to see your resilience and resourcefulness, where you have found ways to adapt and thrive in spite of adversities.

As parents, we know that raising a child is a tremendous responsibility, but it is also a great blessing.

Parents, teachers, and children, I am incredibly happy to be here with

all of you on this joyous occasion.

As we can all see, the seeds of education, of love of learning, the seeds of Christian character, kindness, optimism, resilience and, yes, happiness, are growing splendidly in the hearts of the 61 graduates here on this memorable day.

My congratulations once again, to Braemar Hill Nursery School on this, your 45th anniversary of inspired, and inspiring, education. And to this year's graduating students, I wish each and every one of you continued flourishing – in school, and in life.

Thank you very much.

