

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 (June 24) 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.

Electrical and Mechanical Services Department very concerned about CLP's voltage dip incident at 400kV overhead power supply system suspected to be caused by unstable weather

The Electrical and Mechanical Services Department (EMSD) is very concerned about the voltage dip incident occurred at CLP Power Hong Kong Limited (CLP)'s 400kV overhead line power supply system connecting Yuen Long and Shenzhen in the early morning today (June 23).

According to CLP, it was suspected that this voltage dip incident occurred during Thunderstorm Warning, under which the 400kV overhead power supply system was affected by the unstable weather. EMSD followed up with CLP immediately. In addition to requesting CLP to identify the cause of the power supply incident as soon as possible, formulate improvement plans and submit a detailed report within four weeks in accordance with the Electricity Ordinance (Cap. 406), EMSD will also form a task force to solemnly follow up on the improvement plans proposed by CLP today. Apart from ensuring the implementation of improvement measures by CLP, the task force will also review whether CLP's timetable for implementation of measures can be accelerated, and if there are any additional measures which can assist to enhance the capability of power supply system to withstand the impact of inclement weather.

Besides, the Director of Electrical and Mechanical Services will meet CLP's senior management on a regular basis to review the progress and effectiveness of all improvement measures, and report to the Secretary for Environment and Ecology.

Film Archive's "Integrating Traditional Morality with Modern Reality: Sil-Metropole Retrospective" screening programme opens tonight

(with photos)

The Hong Kong Film Archive (HKFA) of the Leisure and Cultural Services Department (LCSD) presented the screening of "Father and Son" (1981) (4K Digitally Restored Version) at the Grand Theatre of the Hong Kong Cultural Centre tonight (June 23), marking the opening of the "Integrating Traditional Morality with Modern Reality: Sil-Metropole Retrospective" screening programme, which is one of the programmes of the inaugural Chinese Culture Festival (CCF).

Speaking before the screening, the Director of Leisure and Cultural Services, Mr Vincent Liu, said that the Sil-Metropole Organisation and its predecessors, Great Wall, Feng Huang and Sun Luen, had produced over 500 films, which portrayed people's livelihoods as well as social conditions in different eras. Audiences could also have a glimpse of the ways in which traditional Chinese culture evolved with the times, he said.

Mr Liu also expressed gratitude to Sil-Metropole for making the generous donation of its entire film library to the HKFA, which was a significant contribution to the overall preservation of Hong Kong's film culture.

Sixteen classic films by Sil-Metropole have been selected for this screening programme. The opening film, "Father and Son", realistically and delicately depicts the relationship of a father and son in a grassroots family, continuing the humanistic realism of Cantonese cinema. The film won the Best Film and Best Director awards at the first Hong Kong Film Awards, and was selected for the 31st Berlin International Film Festival. The closing film, "Butterfly Beauty" (1959) (Original Theatrical Version), will be screened at the HKFA Cinema on September 22. It features a cast of great Cantonese opera artists including Hung Sin Nui and Ma Si-tsang in four opera excerpts. One of the excerpts is the sole visual record of Cantonese opera virtuoso Pak Suet-sin's father Pak Kui-wing, from the HKFA collection. Many of the other 14 selected films depict various aspects of everyday life and social conditions. There are also films infused with elements of traditional art forms and various local customs. For details, please visit the HKFA website (www.filmarchive.gov.hk/en/web/hkfa/2024/silver/pe-event-2024-silver.html) or call 2739 2139.

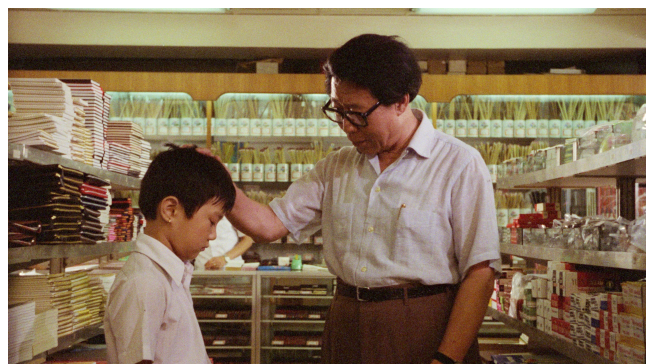
All screenings, except "Father and Son", will be accompanied by post-screening talks hosted by Cantonese opera scholars Professor Yuen Siu-fai, Professor Chan Sau-yan, and Leonard Wong; filmmakers Teddy Robin and Chu Kar-ning; and film researchers Dr Kenny Ng, Sam Ho, Eric Tsang, Matthew Cheng, Joyce Yang and Thomas Shin.

Tickets priced at \$45 are available at URB TIX (www.urbtix.hk). For telephone bookings, please call 3166 1288. Those who purchase tickets for six different screenings are eligible to enrol in one of the guided tours on September 28 and 29 to visit the Clear Water Bay Film Studio in Hang Hau, Sai

Kung, with limited space available on a first-come, first-served basis. For the enrolment method and details, please visit the above HKFA website.

The CCF, presented by the Culture, Sports and Tourism Bureau and organised by the LCSD's Chinese Culture Promotion Office, aims to enhance the public's appreciation of Chinese culture and cultivate citizens' national identity and cultural confidence. The inaugural CCF is held from June to September. Through different performing arts programmes in various forms and related extension activities, including selected programmes of the Chinese Opera Festival, exemplary local arts projects recognised by the China National Arts Fund, performing arts programmes from arts and cultural organisations, film screenings, exhibitions, talks and more, the festival allows members of the public and visitors to experience the broad and profound Chinese culture with a view to promoting Chinese culture and patriotic education as well as enhancing national identity amongst the people of Hong Kong, contributing to the steadfast and successful implementation of the "one country, two systems" arrangement. For details, please visit the CCF website www.ccf.gov.hk.

The LCSD has long been promoting Chinese history and culture through organising an array of programmes and activities to enable the public to learn more about the broad and profound Chinese culture. For more information, please visit www.lcsd.gov.hk/en/ccpo/index.html.



Food waste smart recycling services resumed at around 2.30pm

â€‹The Environmental Protection Department (EPD) announced that partial failure of the server of the food waste smart recycling platform was found at 12.30pm today (June 23), causing connection issues that temporarily disrupted the operation of some food waste smart recycling bins (FWSRBs) in public rental housing (PRH) estates and private housing premises.

The EPD immediately instructed the contractor to switch the smart recycling platform to a backup server, and the service was resumed normal at 2.22pm.

The EPD also contacted the relevant management offices of PRH estates and private housing premises to place traditional food waste collection bins next to the FWSRBs during the server failure such that residents can continue recycling food waste.

An EPD spokesman said, "In response to this incident, the EPD has requested the contractors to submit an incident report within seven days and ensure that similar problems do not recur. We thank for the support of residents in participating in food waste recycling and apologise to all affected users."