

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 22) 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 with a minimum sun protection factor (SPF) of 15, preferably higher. Reapply every two hours if you stay out in the sun, and 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.

Regional flag day today

Three charities have been issued Public Subscription Permits to hold flag sales from 7am to 12.30pm today (June 22). They are, on Hong Kong Island, Methodist Epworth Village Community Centre, Social Welfare; in Kowloon, Windshield Charitable Foundation; and in the New Territories, Tai Po Baptist Church Social Service, a spokesman for the Social Welfare Department (SWD) said.

Arrangements have been made with the charities to help people to distinguish among the three flag-selling activities.

Information on the three flag-selling organisations on June 22 is as follows:

Region	Name of organisation	Colour of collection bag	Colour of flag
Hong Kong Island	Methodist Epworth Village Community Centre, Social Welfare	Green	White
Kowloon	Windshield Charitable Foundation	Yellow	Red
New Territories	Tai Po Baptist Church Social Service	Purple	Blue

Details of the charitable fund-raising activities, including any updated information, covered by the issued Public Subscription Permits have been published on the GovHK website (www.gov.hk/en/theme/fundraising/search). Permits for flag days containing information on contact methods of the flag-selling organisations and the approved flag-selling activities have also been uploaded to the SWD's website (www.swd.gov.hk/en/ngo/controlofc/flagdays) for reference. For enquiries, please call the SWD's hotline at 2343 2255, or the designated hotline of the 1823 Call Centre at 3142 2678.

In the case of suspected fraudulent flag day activities, people should not make any donation and should immediately report the matter to the Police, the spokesman added.

HA stringently reviews public hospital

systemic issues

The following is issued on behalf of the Hospital Authority:

The Hospital Authority (HA) Chairman, Mr Henry Fan, today (June 21) announced that the HA is proactively following up the concern raised by the Secretary for Health, Professor Lo Chung-mau, on the series of incidents recently occurred in public hospitals. The HA is committed to a comprehensive and independent review of the systemic issues involved, with the utmost seriousness. Improvement measures will be proposed to enhance the quality of medical services and ensure patient safety.

Mr Fan said, "Patient safety is the HA's top priority. The HA will stringently review and learn from the incidents, so as to explore feasible measures to strengthen the monitoring mechanisms of medical procedures, staff assessments, management accountability, and internal risk management, with an aim to enhance patient safety and maintain public's confidence."

The Chief Executive of the HA, Dr Tony Ko, said that the HA understands the public's concern over the series of recent incidents. During the review process, the HA will also examine public hospitals' emergency response, communication, and disclosure arrangements.

The HA has promptly initiated the procedure for appointing suitable candidates to commence work, in order to propose improvement measures upon completion of review and report to the Health Bureau within three months. Dr Ko emphasised that the HA places great importance on the quality of services in public hospitals and will take all practicable measures to strengthen the management of public hospitals, providing the most appropriate medical care for patients and a safe environment for staff, as well as ensuring the public's confidence in the services provided.

Secretary for Health deeply concerned about management of public healthcare system

The Health Bureau (HNB) is deeply concerned about the multiple recent incidents in relation to caring procedures for patients and operation of equipment occurred in public hospitals. The HNB is of the view that such incidents reflect the dire need for improving the management of public healthcare system to ensure medical safety and the well-being of patients.

The HNB instructed the Hospital Authority (HA) today (June 21) to

conduct a comprehensive review of the systemic issues and the need for reform with regard to the management of public hospitals while reviewing the causes of individual incidents and taking relevant improvement measures in a proactive manner. The HA is required to submit a report together with recommendations to the HHB within three months.

The Secretary for Health, Professor Lo Chung-mau, said, "Patients' safety should at all times be accorded the topmost priority in the healthcare system. In the light of the multiple recent incidents related to healthcare services of public hospitals, I have written to the Chairman of the HA to express serious concern, task the HA to follow up on the relevant incidents expeditiously, and instruct the HA to initiate with utmost intent a comprehensive and independent review regarding the associated systemic issues of public hospitals, including the monitoring mechanism for compliance with medical procedures, staff appraisal and accountability of the management, internal risk management systems, contingency response as well as arrangements of communication and announcements. I have demanded the HA to complete the review and submit a report covering recommendations on corresponding enhancement measures within three months. Subject to HA's report, the HHB will carefully examine HA's system and the need for reform.

"The HA is required to take every measure to ensure that patients of public hospitals receive the most optimal medical care, prevent the occurrence of medical and equipment incidents, and minimise the risks posed to patients and staff, with a view to maintaining the healthcare quality in Hong Kong and upholding public confidence in the public healthcare system."