

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 11) 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.

Transport Department alerts public to fraudulent SMS message of HKeToll

The Transport Department (TD) today (July 10) alerted members of the public to fraudulent SMS message purportedly issued by the HKeToll. The SMS message spoofs the name of "HKeToll" and provides a hyperlink with the domain name (<https://t.ly/HKetoll>) to a fake HKeToll website, which seeks to deceive recipients into making payments and obtain their credit card information.

The TD clarifies that the SMS message was not issued by the HKeToll and has referred the case to the Police for follow-up. Members of the public are reminded that the HKeToll will not send SMS messages or emails to vehicle owners with hyperlinks which direct them to the websites to carry out transactions. If a vehicle owner wishes to pay an outstanding toll online, they must log in to the HKeToll website ([hketoll.gov.hk](https://www.hketoll.gov.hk)) or mobile app.

Members of the public should stay alert when receiving unidentified messages. They should not visit suspicious websites and disclose any personal information. Anyone who has provided their personal information to the websites concerned should contact the Police. For enquiries about the HKeToll, please call 3853 7333.

Hong Kong Customs makes further arrest in unfair trade practice case involving rehabilitation institution

Hong Kong Customs conducted an enforcement action yesterday (July 9) and arrested a male director of a rehabilitation institution. A staff member of the institution is suspected of having applied a false trade description to the service supplied, and of engaging in unfair trade practices involving a misleading omission, in contravention of the Trade Descriptions Ordinance (TDO). Customs officers today (July 10) mounted an enforcement action again and arrested the male staff member for suspected contravention of the TDO.

Customs earlier received information alleging that a staff member of a rehabilitation institution falsely claimed to a customer that the prepaid book fees for a two-year training course could be refunded. However, the institution did not refund the fees to the customer in the end.

In addition, the staff member claimed that the accommodation deposit paid by the customer would be refunded after his children completed the

course. However, it was only after the institution ceased to provide the training course that the staff member informed the customer of a material information i.e. the deposit would not be refunded even the course was discontinued.

After investigations, Customs officers yesterday arrested the male director of the rehabilitation institution. The 47-year-old male staff member suspected to be involved in the case was further arrested today. The two arrested persons have been released on bail pending further investigation.

An investigation is ongoing, and the possibility of other persons involved in the case being arrested is not ruled out.

Under the TD0, any trader who applies a false trade description to a service supplied or offered to be supplied to a consumer commits an offence. Any trader who engages in a commercial practice that omits or hides material information or provides material information in a manner that is unclear, unintelligible, ambiguous or untimely, and as a result causes, or is likely to cause, an average consumer to make a transactional decision, commits an offence. The maximum penalty upon conviction is a fine of \$500,000 and imprisonment for five years.

Members of the public may report any suspected violations of the TD0 to Customs' 24-hour hotline 2545 6182 or its dedicated crime-reporting email account (crimereport@customs.gov.hk) or online form (eform.cefs.gov.hk/form/ced002/).

[Commissioner of Customs and Excise leads delegation to meet Chief of Office of Port of Entry and Exit of Shenzhen Municipal People's Government \(with photos\)](#)

The Commissioner of Customs and Excise, Ms Louise Ho, today (July 10) led a delegation to visit Shenzhen and met with the Chief of the Office of Port of Entry and Exit of the Shenzhen Municipal People's Government, Mr Liu Weixiang, to exchange views on issues such as control point planning and enhancement, and Smart Customs facilities.

Ms Ho today also visited the site of the Huanggang Port redevelopment project to study the construction progress of the new Huanggang Port. During her visit, Ms Ho said Hong Kong Customs will continue to actively dovetail with the relevant policies of the Hong Kong Special Administrative Region

Government and the Shenzhen Municipal People's Government on the port redevelopment project. In addition, the department will work closely and deepen co-operation with other relevant departments to bring about a better clearance experience for the people from both places and a more convenient people flow in the Guangdong-Hong Kong-Macao Greater Bay Area.

Ms Ho reiterated that reorganising the port functions can efficiently improve customs clearance efficiency, and the "East in East out, West in West out" strategy for cross-boundary goods will shorten travel time and foster collaboration and development among Hong Kong, Shenzhen, eastern Guangdong and neighbouring provinces.

