

Cold and Very Hot Weather



Cold and Very Hot Weather Warnings

Hong Kong experiences both hot and cold seasons. The Observatory maintains a close watch on the local temperature changes. It issues warnings whenever Hong Kong is threatened by cold or very hot weather, to alert members of the public of the danger of low body temperature in cold weather or the risk of heatstroke and sunburn in very hot weather.

Once issued, the warnings are broadcast over radio and television. If necessary, the Observatory will hold press briefings, through which members of the public are reminded to take necessary precautions.

If cold or very hot weather persists while the corresponding weather warning is in force, the Observatory will repeat the special announcements to remind the public to take necessary actions.

These warnings also alert relevant government departments, such as the Home Affairs Department to consider the need to take actions, such as the opening of temporary shelters.

Actions to be taken for Cold Weather Warning



1. People are advised to put on warm clothes and to avoid adverse health effects due to the cold weather. You must also ensure adequate indoor ventilation.
2. If you must go out, please avoid prolonged exposure to wintry winds.
3. If you know of elderly persons or persons with chronic medical conditions staying alone, please call or visit them occasionally to check if they need any assistance.
4. Make sure heaters are safe before use, and place them away from any combustibles. Do not light fires indoors as a means to keep warm.
5. Please ensure that there is plenty of fresh air in your room when you are using an old-type gas water heater.

Frost Warning



When the Observatory expects ground frost to occur on high ground or in the New Territories, Frost Warning will be issued to alert farmers and others concerned to take necessary precautionary measures against frost damage to vegetation.



Actions to be taken for Very Hot Weather Warning

1. When engaged in outdoor work or activities, drink more water and avoid over exertion. If not feeling well, take a rest in the shade or cooler place as soon as possible.
2. People staying indoors without air-conditioning should keep windows open as far as possible to ensure that there is adequate ventilation.
3. Avoid prolonged exposure under sunlight. Loose clothing, suitable hats and UV-blocking sunglasses can reduce the chance of sunburn by solar ultraviolet radiation.
4. Swimmers and those taking part in outdoor activities should use a sunscreen lotion of SPF 15 or above, and should re-apply it frequently.
5. Beware of health and wellbeing of elderly persons or persons with chronic medical conditions staying alone. If you know of them, call or visit them occasionally to check if they need any assistance.

Hot Weather Special Advisory

Under such situations as high temperature, high humidity and light winds while the weather conditions remain below the level for issuing Very Hot Weather Warning, people may still be exposed to the risk of heat stroke if they do not take appropriate precautions. The Observatory will issue the "Hot Weather Special Advisory" when such weather conditions are expected. The advisory serves to remind the public as early as possible to avoid being affected by hot weather, especially for those engaging in outdoor work or activities. They should pay attention to their health conditions, drink more water and take appropriate protective measures against the heat.

It is important that members of the public take note of these warnings and advisory, and take steps to protect themselves and their family against cold or very hot weather. Please refer to the following channels for the updated status of weather warnings:

- Broadcasts on radio and television
- "Dial-a-Weather" service: **1878 200**
- Observatory's website: <http://www.hko.gov.hk/en/>
- Mobile App "MyObservatory":
<http://www.hko.gov.hk/en/myobservatory.htm>
or scan the QR code below

