



Safety Tips for Travellers

HAPPY HOLIDAY

D

os

Tsunami
Stay away from shores



Very Hot Weather
Drink more water



P.A.S.S.






D

on'ts

Water Sports
Swim in big waves



Thunderstorm
Take shelter under trees



Look for Exit signs



If there is heavy smoke



crawl low

Plan Ahead

Check the Outbound Travel Alerts and World Weather Information



RUN
HIDE
REPORT

Treatment for Sprains

Rest



Ice



Compression



Elevation





@hkfsd.Facebook



@hkfsd.gov.hk (Android)



@hkfsd.gov.hk (iPhone)

Introduction

Mother Nature is ever-changing and brings about all sorts of natural disasters. Serious disasters such as earthquakes, tsunamis and volcanic eruptions occur all around the world, resulting in a heavy toll of casualties. As frequent travellers, what should Hong Kong people do when caught in a disaster or emergency?

First, you should plan ahead. Before departure, you should prepare yourself learning about the risks associated with your destinations, equipping yourselves with the relevant survival skills and getting familiar with the contingency measures. During the trip, you should always stay vigilant so that in case of a disaster or an emergency, you can make a quick escape and keep you and your companions safe at critical moments.

Have a safe and happy trip!

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Important Travel Information



Outbound Travel Alert System

The Outbound Travel Alert (OTA) System aims to help people better gauge the risks or threats to personal safety when travelling to 88 countries/territories that are the more popular travel destinations for Hong Kong Residents (HKRs). When incidents occur, which may put HKRs' personal safety at risk, in those countries/territories, the Security Bureau (SB) will assess and consider whether to issue an OTA taking into account factors such as the nature (e.g. whether it is targeted at travellers), level and duration of the threat. The public can obtain the latest information of countries/territories covered by the OTA System through the OTA webpage and "Safeguard HK" Mobile App. The webpage and mobile app also provide hyperlinks to the websites of the Ministry of Foreign Affairs of the People's Republic of China, and the travel-related databases maintained by the Australian, Canadian and UK governments.



"Safeguard HK" Mobile App



SB's OTA Website

There are three levels of OTA:



Severe threat

Avoid all travel



Significant threat

**Adjust travel plans
Avoid non-essential travel**



Signs of threat

**Monitor situation
Exercise caution**

Should there be public health considerations, the SB may issue an OTA in accordance with the alert level as advised by the Food and Health Bureau on countries/territories seriously affected by infectious diseases to put the public in a better position to gauge the possible health risks.

*The above information is extracted from the Security Bureau's website.



Travel Health Service of the Department of Health

There is nothing more miserable than getting sick while being away from home. Smart travellers seek health advice before embarking on their journeys and receive appropriate medical attention when symptoms arise during or after their trips. The Travel Health Service (THS) website of the Department of Health (DH) offers a vast amount of useful information including disease outbreak alerts at specific destinations, health advice on protection against insects and other disease vectors, safety issues in different environmental settings, as well as vaccination recommendations.



DH's THS Website

*The above information is extracted from the Department of Health's Travel Health Service website, with reference to the comments made by this department.



World Weather Information and Global Earthquake

It is advisable to check the weather at your destination before departure. Weather forecasts for major cities in mainland China and around the world are available on the website of the Hong Kong Observatory (HKO) and "MyObservatory" Mobile App, while information on worldwide earthquakes of magnitude 5.0 or above as analysed by the HKO can be accessed on its Global Earthquake Information Webpage.



"MyObservatory" Mobile App



HKO's World Weather Information



HKO's Global Earthquake Information Webpage

*The above information is extracted from the Hong Kong Observatory's website, with reference to the comments made by this department.

Information on Consular Protection and Services of the Ministry of Foreign Affairs

To provide timely and professional guidance and assistance to Chinese citizens in distress overseas, the Ministry of Foreign Affairs of the People's Republic of China (MFA) has set up the Global Emergency Call Center for Consular Protection and Services and launched a 24-hour hotline ((86) 10 12308). The MFA Emergency Call Center will, according to the actual situation and needs, refer HKRs' requests for assistance to the AHU of the ImmD for follow-up. For detailed information, please refer to the MFA website.



MFA's 12308 Mobile App



Information on Chinese Diplomatic and Consular Missions provided by the MFA

Registration of Outbound Travel Information

Before travelling abroad, HKRs may use the Registration of Outbound Travel Information, which is an online service, to register their contact methods and trip information. Successful registration will ensure that they receive updates on Outbound Travel Alert issued by the Hong Kong Special Administrative Region Government and relevant public information.



Registration of Outbound Travel Information

* The above information is extracted from the Immigration Department's website, with reference to the comments made by this department.



International Emergency Call Number

In case of emergency when traveling, you may dial the international emergency call number 112 for help. It is free of charge to dial 112 with any mobile phone even with no SIM card present, as long as it still has battery power and is able to receive signals from any mobile network. The 112 voice response system will redirect the call to the emergency services call centre of the country where the caller is located for immediate assistance.

Three Basic Skills on Emergency Preparedness for Travelling Abroad

The Fire Services Department (FSD) has grouped emergency preparedness skills into three broad categories, namely “extinguish and prevent fire”, “self-help and help others” and “escape and evacuate”, which are collectively known as the “three basic skills on emergency preparedness”. These skills are represented by the three colours of red, yellow and green respectively in order to leave a lasting impression on members of the public. Taking heed of the following advice and getting a good grasp of the “three basic skills on emergency preparedness” will help strengthen your capability for dealing with emergencies or contingencies when travelling abroad.

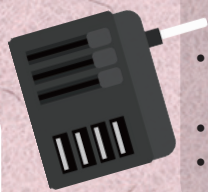


“Three basic skills on emergency preparedness” of the FSD

Extinguish and Prevent Fire

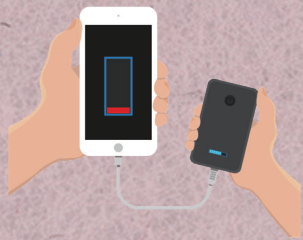
- Only use adaptors that are in compliance with safety requirements.
- Don't connect more than one adaptor to one single electrical socket outlet.
- Don't use the adaptor if its holes do not grip a plug's pins firmly or do not allow their easy insertion.
- Don't overload adaptors.
- Don't overload an adaptor with too many high-power consumption electrical appliances.

Using adaptors



- Use USB cables that are in compliance with safety requirements and produced by original manufacturers for charging.
- Stop charging immediately if anything unusual is detected during the charging process, such as the charger being overheated or the battery swollen.
- Don't hinder heat dissipation while keeping the charger away from flammable materials during the charging process.
- Unplug the charger immediately when the battery is fully charged.

Using external chargers



Using stoves

- Keep an eye on the fire and prevent food from charring or spilling.
- Don't place any articles including waste paper or other flammable materials around stoves.
- Maintain good ventilation at all times.
- Remember to turn off the fire before leaving if you need to take a break.
- Don't cook at places other than the kitchen.

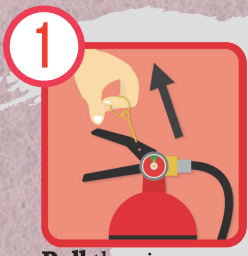


Hiking or camping in the countryside

- Handle cigarette ends, lighters and all ignition sources with care.
- If a fire is built in the wild, always keep an eye on it and never leave it unattended.
- Extinguish all ignition sources before leaving the campsite.
- Don't cook inside tents.



How to operate a fire extinguisher



Pull the pin



Aim at the base of the fire
from a safe distance



Squeeze the lever

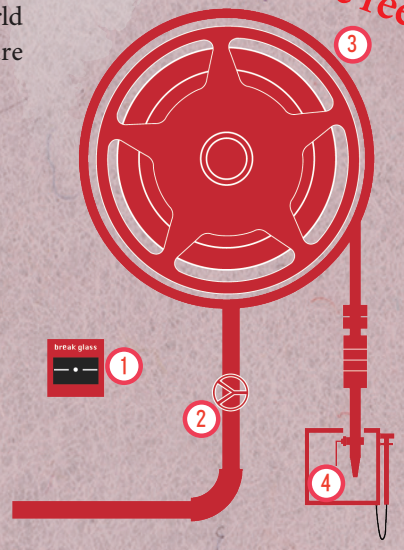


Sweep side to side

Hose reel systems in use around the world may be of different design but they are largely similar in items of operation.

How to operate a hose reel

- 1 Break the glass of the fire alarm call point to sound the alarm and activate the fire pump.
- 2 Fully open the control valve of the water main.
- 3 Pull out the hose reel tubing from the hose reel drum.
- 4 Point the nozzle at the fire from a safe distance and turn the nozzle valve to the "ON" position.



Self-help and Help Others

Bring a life support kit containing the following items when travelling:



Disposable Rubber Gloves - for protecting rescuers from infection.



Saline - for eye or wound washing.



Triangular Bandage - for keeping injured limbs in place and immobilising them.



Medicated Plaster - for protecting small wounds.



Dressing - for covering and protecting wounds to help stop bleeding.



Adhesive Plaster - for keeping dressings or bandages in place.



Elastic Roller Bandage - for keeping dressings in place and reducing limb swelling.



Life Support Tips

Bleeding

- Cover and compress the wound with dressings or gauze and treat it with basic bandaging.
- Use a clean and dry cloth/handkerchief if dressing or gauze is unavailable.

Sprains

- Rest - assist the patient in a comfortable position to rest the injured area.
- Ice - put ice on the injured area.
- Compression - compress and keep the injured area in place with bandages.
- Elevation - elevate the injured area to reduce swelling.



Bone fractures/ dislocations

- Don't move the patient unless the scene is not safe.
- If moving is necessary, fix and support the patient's injured limbs before doing so.
- Convey the patient to hospital for medical treatment as soon as possible.



Burns/scalds

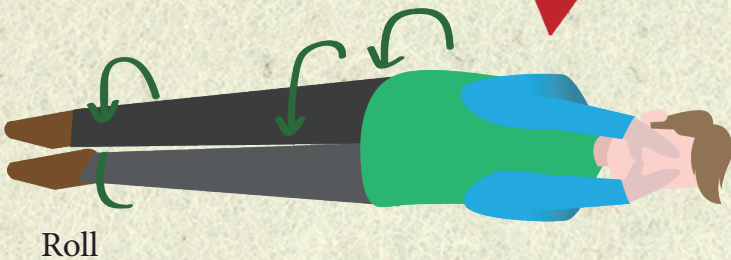
- Rinse the burned/scalded area with a stream of running water to cool down and ease the pain.
- Don't puncture any blister.
- Cover the burned/scalded area with dressings or cling film to minimise the risk of bacterial infections.

Clothes catch fire

Stop : Stop and do not move or run.

Drop : Drop to the ground immediately and cover your face with hands to protect it from the flames.

Roll : Roll over and over on the ground to smother the flames on the clothes.



Unconscious patients

- Keep calm and dial the local emergency number immediately.
- Send someone to retrieve an automated external defibrillator (AED).
- Check if the patient is breathing (The patient is still breathing if there are visible chest movements).
- If the patient suffers no serious injuries and is still breathing, lay him down on his side.
- If the patient is not breathing, immediately perform cardiopulmonary resuscitation (CPR) and provide first aid with an AED.

Cardiopulmonary resuscitation (CPR)

- If confirmed that the patient is unresponsive, immediately seek help and retrieve an AED.
- If confirmed that the patient is not breathing properly, immediately perform CPR.
- If hesitate on Rescue Breaths or without relevant training, perform Hand-only CPR immediately.

Compression site: At the centre of the chest and in between the nipples.

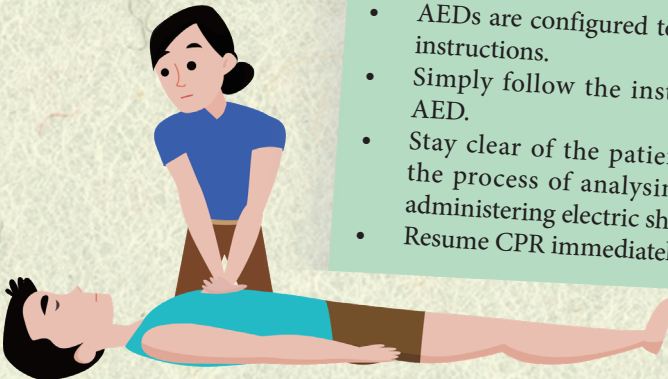
Compression depth: 5 to 6 cm.

Compression rate: 100 – 120 compressions per minute. (about 2 compressions per second)

- Allow complete chest recoil between each compression.
- Perform chest compressions continuously until ambulance personnel arrive.
- If there is more than one responder on scene, switch the chest compression provider every two minutes.

Using AEDs

- AEDs are configured to provide visual or audio instructions.
- Simply follow the instructions to operate an AED.
- Stay clear of the patient when the AED is in the process of analysing his heart rhythm or administering electric shock.
- Resume CPR immediately after shock delivered.



Heat-related illnesses

Symptoms of heat exhaustion

- Pale skin with sweats.
- Fatigue.
- Muscle cramp.

Symptoms of heat stroke

- Red and dry skin with no sweat.
- Extremely high body temperature.
- Dizziness or unconsciousness.

Treatment

- Move the patient to a shady place.
- Remove the patient's clothing.
- Sprinkle water over the patient and help cool him down by fanning him.
- Monitor the patient's reactions to avoid excessive cooling.
- If the patient is conscious, provide him with an appropriate amount of water and salt.
- When necessary (e.g. if the patient is unconscious), convey him to hospital as soon as possible.



Hypothermia

Symptoms of hypothermia

- Patient complains about being unbearably cold.
- Pale and ice-cold skin.
- Shivering.
- Patient responds slowly to stimulation and has a decreased level of consciousness.

Treatment

- Move the patient to a room or a sheltered place.
- Remove the patient's wet clothing.
- Cover the patient with blankets.
- If the patient is conscious, provide him with high-energy drinks or warm water.
- When necessary (e.g. if the patient's level of consciousness is decreasing), convey him to hospital as soon as possible.





Frostbite

Symptoms of frostbite

- A piercing pain in the affected area initially, followed by a gradual loss of feeling.
- The skin of the affected area cracks easily, and waxy white or blue spots develop.
- In serious cases, the affected area turns black gradually and ends up in gangrene.

Treatment

- Move the patient to a warm place.
- Immerse the affected area in warm water at 37 to 40°C for about 20 to 30 minutes.
- If the affected area is on the nose or ears, warm it by covering it with warm hands.
- Don't carry out heat therapy by placing heat-generating articles (e.g. chemical hot packs) on the affected area directly.
- Don't rub the affected area.
- Protect the affected area with dressings to prevent it from further cold exposure or bruises.
- Convey the patient to hospital as soon as possible.

Escape and Evacuate

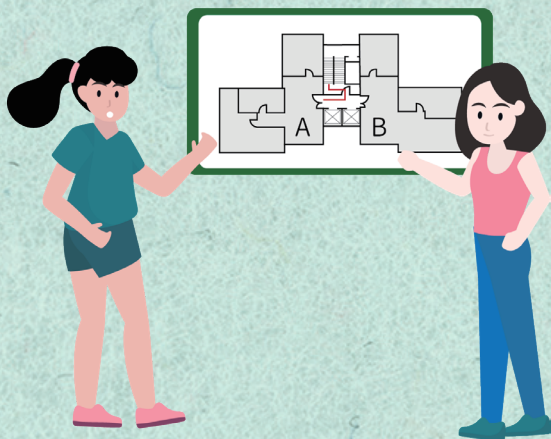
In times of emergencies, evacuation may be necessary. In some cases, you may have some time to get yourself prepared but, most situations call for an immediate evacuation. No matter what the circumstances are, it is vital to plan ahead, with evacuation arrangements well thought out, to ensure a quick and safe evacuation from the scene.

Preparation for an evacuation

- Check the disaster warning system, evacuation instructions, arrangements for emergency shelters, etc. put in place by the local authority.
- Check the radio channels you should listen to in times of emergencies for updates and information about local situations.
- Check the emergency evacuation route plan for the floors of your accommodation.
- Before attending a festive event or mass gathering, check the evacuation routes designated by the organiser.
- Identify a few more evacuation routes as alternatives in case of damaged roads or traffic congestion.
- Decide on the evacuation arrangements, meetup place and means of contact with your companions in advance in order to keep in touch with each other.

During the evacuation

- Stay tuned to radio for updates and evacuation instructions of the local authority.
- Take the emergency items with you. Never go back to the dangerous areas to grab your belongings.
- Don't stay in the same spot if separated from your companions. Go to the decided meetup place.



Natural Disasters

Earthquake

Preparations

- Know the earthquake risks at your destination.
- Take note of the earthquake warning system, evacuation instructions, arrangements for emergency shelters, etc. put in place by the local authority, and plan the evacuation arrangements in advance.

During an earthquake

If you are indoors

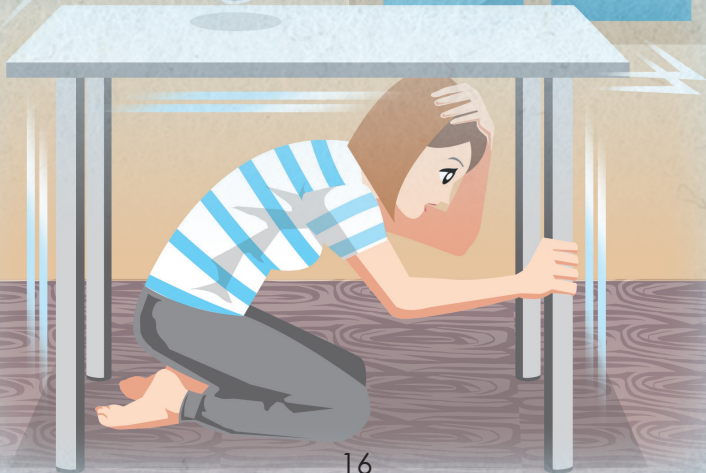
- Drop where you are immediately.
- Cover your head with hand.
- Take cover by getting under a piece of sturdy furniture.
- Hold on to it.
- Stay away from glass or loose hanging objects.

If you are in a lift

- Hold the handrail.
- Steady yourself as far as possible.
- Get out of the lift as quickly as possible.



Run out of the building during the shaking.



If you are outdoors

- Stay away from buildings.
- Stay away from steep slopes and overhead cables.
- Protect your head.

Don'ts Run in panic.

If you are driving

- Slow down.
- Pull over as quickly as safety permits.

Don'ts Brake suddenly.

If you are travelling on public transport

- Hold the handrail.
- Follow the staff's instructions.

Don'ts Get out of the compartment without paying heed to instructions.



After an earthquake

- Stay tuned to radio, television or websites of the local authority for information.
- Check the updates on the earthquake and locations of emergency shelters.
- Stay alert at all times and watch out for any danger around.
- Be aware that fires, structural collapses or tsunamis may occur in the wake of an earthquake.
- If water and electricity supply facilities are damaged, turn off the main switches.
- If a gas leak is suspected, never light a fire or use the telephone at the scene. Leave the building immediately.
- Leave a building which is severely damaged immediately.
- As a precaution against tsunamis, stay away from shores, beaches and low-lying coastal areas.

If trapped underneath rubble

- Reserve your energy while awaiting rescue.
- Don't yell as you may inhale dust, which may cause harm.
- Blow a whistle, flash a torch or make some noise by tapping on a pipe or a wall to attract rescuers' attention.
- Keep calm and respond to rescuers' calls.



Tsunami

Preparations

- Pay attention to news about earthquakes and tsunamis occurred at your destination.
- Learn about the local tsunami warning system and stay tuned to the announcements of the local authority. Escape immediately when signs of a tsunami are detected. Do not wait for the issue of an alert or an evacuation order.

Tell-tale signs of a tsunami

- A sudden receding of sea water exposing the seabed, or a rapid surge of it.
- A roaring sound resembling that of a running train.
- Ground shaking.

During a tsunami

- Move inland immediately to a safe location on higher ground.
- Stay away from shores, beaches and low-lying coastal areas.
- If there is no time to move inland or to higher ground, seek refuge somewhere on the upper floors of high-rise reinforced concrete buildings.
- If you are in an area less prone to tsunamis when a tsunami alert is sounded, stay where you are unless the local authority directs otherwise.
- If you are in the water, hold onto floating objects.
- If you are in a boat, face the direction of the waves and head out to sea.
- If you are in a harbour, go inland.



Don'ts Engage in water sports.

After a tsunami

- Stay vigilant as the threat lingers because many more gigantic waves are likely to follow after the arrival of the first one.
- Avoid wading in floodwater as the debris therein may pose danger.
- Be aware of the risk of electrocution.
- Pay attention to the alerts issued by the local authority about areas to stay away from, as well as information about shelter locations.



Earthquake

Tsunami

Volcanic
Eruption

Avalanche

Snowstorm

Tornado

Flooding

Typhoon
Hurricane

Thunder and
Lightning

Landslide

Hill Fire

Very Hot
Weather

Volcanic Eruption

Preparations

- Do some research to learn about the activity level and risk of eruption of volcanoes at your destination.
- Check the local authority's volcanic activity alert system, evacuation guidelines and arrangements for emergency shelters.
- Learn about the hazards of lava flow, volcanic ash, pyroclastic debris and volcanic gases.
- Consult your doctor if you suffer from respiratory diseases.
- Pack masks.

During a volcanic eruption

- Pay attention to the updates released by the local authority and follow the evacuation arrangements.
- Keep the windows and doors closed if you are indoors.
- Find shelter if you are outdoors. This will protect you from volcanic ash which will irritate your skin, airway and eyes.
- Cover your mouth and nose with a towel or a mask to avoid inhaling volcanic ash.



Stay at downwind or downstream areas.

After a volcanic eruption

- Stay tuned to the updates provided by the local authority, follow the evacuation advice and get ready to leave the hazardous areas anytime.
- Avoid driving in heavy ash fall. Driving will stir up volcanic ash, which may clog the car engine, resulting in engine breakdown.
- Stay indoors and avoid contact with volcanic ash if you suffer from respiratory diseases.



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Avalanche

An avalanche is a large amount of snow that quickly moves down a mountain, typically on snowy slopes of about 30 to 45 degrees. People trapped by snow during an avalanche may die of suffocation, trauma or hypothermia.

Preparations

- Learn about the tell-tale of an avalanche, such as cracking sounds from the snow slopes.
- Check the latest weather conditions and emergency alerts at your destination.
- Travel in a group accompanied by a veteran guide who knows the locations prone to avalanches.
- Receive first aid training to learn how to identify and treat suffocation, hypothermia and trauma.
- Learn how to use personal protection and rescue equipment.
- Wear a helmet to minimise the risk of head injuries and create a breathing space if caught in an avalanche.
- Wear an avalanche beacon to help rescuers locate you.
- Use an avalanche airbag that may prevent you from being buried by snow.
- Bring an avalanche probe and a small shovel to help rescue others.



During an avalanche

- Use an avalanche airbag.
- Get off the descending slab and make your way to the flanks of the slide, and hold on to the downhill side of a tree.
- Roll to your back with your feet pointing downhill. Move uphill by stroking your limbs as hard as you can as if swimming in backstroke style.
- You may also dig into the bed surface with your legs to reduce the descending speed.
- Once the avalanche slows down, try as best as you can to push your body up through the snow surface and make room near your mouth and nose for breathing.
- Keep calm while awaiting rescue.



Let your head be buried under the snow.

If your partner is trapped

- Yell to alert others.
- Watch the victim. Mark the location where he was last seen.
- Call 112 for help.
- Consider whether there be another avalanche or any other risks to ensure that it is safe to conduct a search.
- Appoint a leader, make a plan and conduct the search.



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Very Hot
Weather

Snowstorm and Extreme Cold Weather

Preparations

- Check weather reports, winter storms and snowstorm warning signals at your destination.
- Learn about the symptoms of, and initial treatments for, frostbite and hypothermia.
- Pack adequate warm clothing.



During a snowstorm and extreme cold weather

- Stay tuned to weather updates and warnings.
- Stay indoors and keep warm.
- Maintain proper ventilation when using gas heaters indoors.
- Stay off roads wherever possible. If trapped inside a car, stay therein.
- Treat frostbite or hypothermia as soon as the symptoms appear.
- Prepare for power outages.



- Light a fire indoors to keep warm.
- Engage in outdoor activities.
- Stay inside an idling vehicle for a long time.



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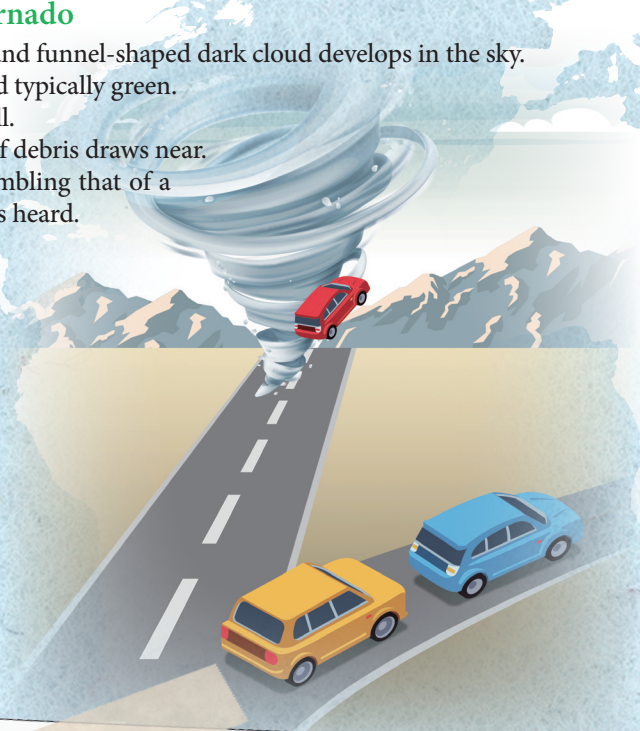
Tornado

Preparations

- Check the weather reports, risks of and warning signals for tornadoes as well as shelter arrangements at your destination.

Tell-tale signs of a tornado

- A low-lying, rotating and funnel-shaped dark cloud develops in the sky.
- The sky turns dark and typically green.
- Large hail begins to fall.
- A cloud with a whirl of debris draws near.
- A roaring sound resembling that of a running freight train is heard.



During a tornado

- Stay tuned to weather reports.
- Go to a shelter or take cover in a cellar immediately.
- If there is no cellar, move to the lowest floor of the building.
- Stay away from windows, doors and external walls.
- Shield your head and neck with your arms and put articles such as furniture or blankets around you for extra protection.
- Watch out for flying debris, which may cause injury or death.



Try to drive through a tornado.

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Flooding

Preparations

- Stay tuned to weather reports at your destination to see if it has recently been hit by a tropical cyclone-induced storm surge, a severe rainstorm or tsunami.
- Low-lying areas, places with poor drainage systems and flood-prone watercourses are susceptible to flooding.
- If your accommodation is in a low-lying or flood-infested area, plan ahead for evacuation.
- Put your important identification and travel documents inside a waterproof bag and pack enough food and water for evacuation at any time.

During flooding

- Stay tuned to latest weather reports.
- If floodwater keeps running into the house, move to the highest place of the house.
- If you are outdoors, take refuge on the high ground immediately.
- Stay away from bridges over floodwater.
- If your car is trapped in a flood, stay in the car.
- If water is running into the car, climb onto its roof.



Get close to watercourses or hill slopes when making an escape.



Try to slosh, swim or drive through floodwater.



After flooding

- Beware of electrocution.
- Look out for snakes, insects or other animals in trapped water or sludge to avoid their bites.
- Don't drink water that may have been contaminated by floods as this could expose you to diseases.

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Very Hot
Weather

Typhoon or Hurricane

Preparations

- Check the weather reports and the probability of a typhoon or hurricane at your destination.
- Check the warning signals for typhoons or hurricanes at your destination.

During a typhoon or hurricane

- Stay tuned to radio or TV for typhoon or hurricane updates as well as the advice by the local authority.
- If necessary, evacuate and take shelter in a safe place.
- Keep doors and windows shut, and stay away from exposed windows.
- If you are outdoors, go indoors and take refuge in a safe place immediately.
- If flooding occurs in your area, find shelter on higher ground.
- Stay away from the shore.



Engage in aquatic activities.

After a typhoon or hurricane

- Typhoons or hurricanes may bring flooding and landslides. Stay tuned to the updates and advice by the local authority.
- Don't wade or drive through submerged roads.



Thunder and Lightning

Preparations

- Check the weather forecasts and learn about the thunderstorm warning signals at your destination.

During thunder and lightning

- Take shelter immediately inside a building and stay indoors.
- If caught outside, crouch down and keep minimal contact with the ground.
- If driving along a highway or bridge, beware of strong gusty wind.

Don'ts

- Stay on high ground or in open areas.
- Put up an umbrella, use a mobile phone or take shelter under a big tree if you are out in the open.
- Touch any metal devices such as antennas or wire netting.
- Use landline phones or any plug-in electrical appliances if you are indoors.
- Engage in aquatic activities.



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Landslide

Preparations

- Pay attention to the weather reports and look up information about the landslide-prone areas at your destination.
- Torrential rain will seep into the soil during rainstorms, causing downward movement of debris from riverbanks and hill slopes. Retaining walls without proper repair and maintenance may also trigger landslides.
- Learn about the tell-tale signs of a landslide.
- Plan ahead for possible evacuation if your accommodation is in a hilly or flood-prone area.



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Lightning

Landslide

Hill Fire

Very Hot
Weather

Tell-tale signs of a landslide

- Cracking, rumbling or crunching sounds from hill slopes.
- Cracks on roads along slopes.
- Landslide debris on roads along slopes.
- A sudden seepage from a large area on retaining walls.
- Sudden change in the colour (from clear to muddy) of water flowing from slopes or retaining walls.

During a landslide

- Stay tuned to the latest weather information, landslide information and evacuation orders issued by the local authority.
- Stay indoors.
- Seek refuge in a place of safety if you find the slopes unstable.

Don'ts

- Go to a building under the threat of a landslide.
- Stay close to steep slopes and retaining walls.
- Drive to hilly areas or along roads with landslide warning signs.



Earthquake

Tsunami

Volcanic
Eruption

Avalanche

Snowstorm

Tornado

Flooding

Typhoon
Hurricane

Thunder and
Lightning

Landslide

Hill Fire

Very Hot
Weather

Hill Fire

Hill fires in other places are not the same as those in Hong Kong in terms of scale due to the differences in weather, geography, tree species and tree distribution. Some may be more ferocious, spreading over a much larger area. Hence, remember to handle fire carefully to prevent hill fires when engaging in mountain activities.

Preparations

- Stay tuned to local weather reports. Check the routes for escape.
- Handle cigarette butts, lighters and all other ignition sources with care.
- Light a fire only in designated places when engaging in mountain activities. Extinguish all fires before leaving.
- As hill fires spread rapidly, never underestimate their devastating power. Always be alert to flying ashes and any burning smell.



During a hill fire



- Stay calm and leave the fire scene immediately.
- Escape along existing paths.
- Go to the places where the vegetation is thinner.
- If the fire is approaching and there is no way out, cover your body with clothes before heading for areas already burned as this could minimise the chance of injury.



- Follow the direction where the fire is spreading.
- Go up windward to a steep grass slope. It will consume a lot of energy.
- Go into thick bushes or overgrowth where the fire will spread faster.

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Very Hot
Weather

Very Hot Weather (Heat wave)

Preparations

- Check the weather reports, assess the heat wave risks and learn about the warning signals for very hot weather at your destination.
- Learn about the symptoms of heat exhaustion and heat stroke as well as the treatments for them.

During very hot weather

- Stay in well-ventilated or air-conditioned indoor places.
- Wear lightweight, light-coloured and loose-fitting clothing.
- Drink more water.
- Check regularly on babies, young children and the elderly as they are more susceptible to heat-related illness.

Don'ts

- Expose to the sun for a prolonged period of time.
- Stay inside a stationary vehicle with the doors and windows closed.
- Engage in strenuous activities.



Fire Incidents

Preparations

- Check the layout of the building.
- Read the emergency evacuation route plan of the building to identify the location of means of escape and their routes.
- If you have companions, decide on a meetup place and the means of contact with them in case of separation during evacuation.



During a fire

- Keep calm and urge everyone in your flat/room to leave immediately.
- Escape and take with you the “three useful items for fire escape”, namely a mobile phone, the door key to your flat/room and a wet towel.
- Escape through the nearest corridor/staircase.
- Activate the fire alarm in the corridor by breaking the glass of the fire alarm call point.
- Call 112 to report the fire and seek help when you are safe.

Fire Incidents

Large-scale Traffic Incidents

Incidents Relating to Mountain Activities

Incidents Relating to Water Sports

Incidents Relating to Major Festive Events and Mass Gatherings

Terrorist Attacks

CBRN Incidents

If there is heavy smoke

- Crawl low under the smoke as the air is fresher near the floor.



If there is smoke in the nearest staircase

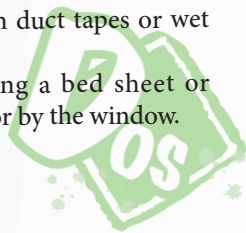
- Head for another one immediately.



Go back to grab your belongings.

If there is no safe staircase

- Return to your flat/room to await rescue, or go to flats/rooms nearby to ask for help, until you have found a safe refuge.
- Call 112 to tell fire personnel where you are trapped.
- Take shelter in a smoke-free room.
- Close the door and seal the gaps with duct tapes or wet towels.
 - Signal your location by hanging a bed sheet or waving a towel at the balcony or by the window.



Large-scale Traffic Incidents

Preparations

- Overseas trips often involve riding large public transport vehicles such as ferries, trains and airplanes, etc. To keep danger at bay in times of emergency, stay alert and pay attention to the surroundings at all times when travelling on such vehicles.
- When on board a vessel, check the escape routes, where the life jacket is stored and how to put it on.
- When on board a land transport, check the emergency exits and fasten the seat belt.
- Check the escape routes and emergency exits on the airplane.



Sea transport incident

- If general emergency signals (i.e. seven short blasts followed by one long blast within one minute) are sounded, stay calm and put on a life jacket immediately, then evacuate from the vessel as instructed by the crew.
- In case of emergency (e.g. when abandoning the vessel), board the lifeboat as instructed by the crew.
- Stay away from the affected vessel as far as possible to avoid being sucked into the whirlpool caused by its sinking force.
- If fallen into the sea, climb onto any floating object as quickly as possible and wait for rescue.



Land transport incident

Road transport



- Keep calm.
- Hold the handrail.
- Evacuate immediately through the emergency exit or the nearest exit after the vehicle has come to a stop.

Rail transport



- Keep calm and pay attention to the evacuation announcements.
- Follow the instructions from the staff at the scene and the illuminated exit signs during an evacuation.
- Put luggage on the seat to keep the passageway clear.



Lift anything up high during evacuation at the track level as you may get electrocuted if that object get too close to overhead high voltage device.



Carry any bulky luggage during an evacuation.

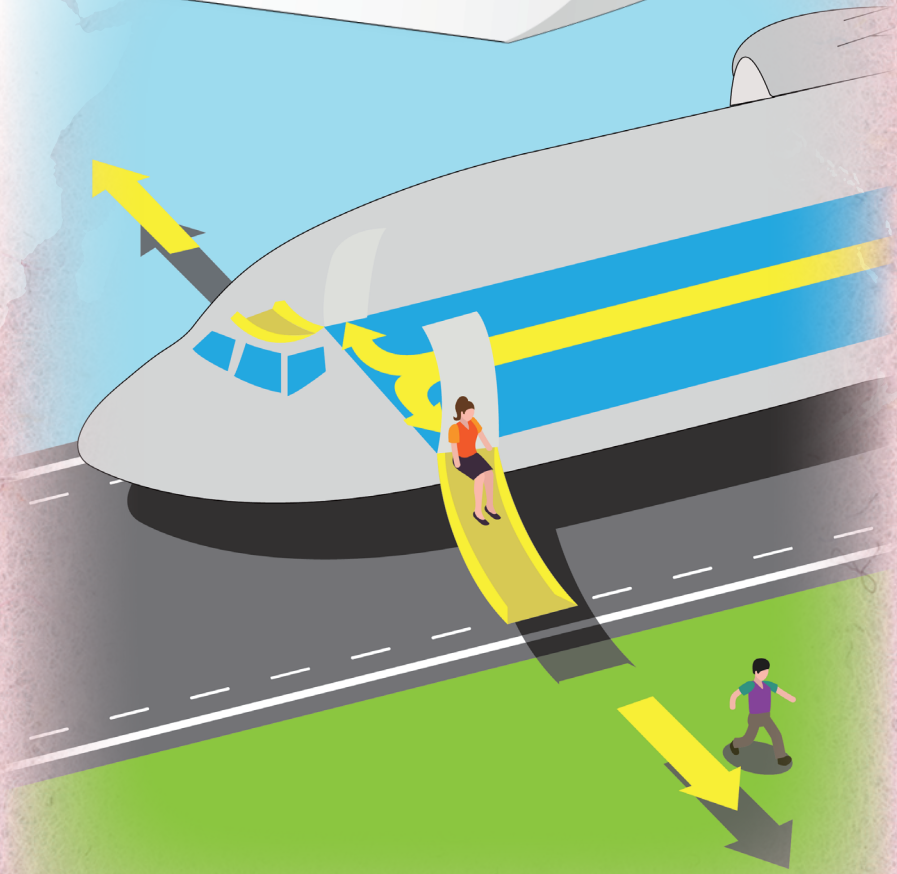


Air transport incident

- Keep calm.
- Fasten the seat belt and put on the emergency oxygen mask as per the instructions announced on board.
- After emergency landing, evacuate along the escape route and evacuation slide immediately as instructed by the flight attendants.



Carry any luggage during an evacuation as it may pose obstruction to other passengers.



Incidents Relating to Mountain Activities

Preparations

- Plan the route in advance and always choose a maintained path with clear directional signs.
- Pay attention to weather conditions and make necessary preparations. Change your plan or cancel the trip when necessary.
- Wear appropriate clothing and bring adequate gear.
- Wear light clothing, preferably light-coloured and long-sleeved shirts, and trousers. Put on ankle boots with corrugated rubber soles for ankle protection, and wear suitable headgear to block the sun.
- Pack enough food and drinking water for your trip, and bring along a map, a compass, a Global Positioning System (GPS) navigation device, a torch, rain gear, a life support kit, a whistle, a mobile phone and spare batteries.



During mountain activities

- Watch for warning signs.



- Take shortcuts, venture into dense woodland or take an off-trail detour to avoid getting lost.
- Go hiking alone. It is preferable to have company for mutual support.
- Venture into streams, get too close to cliff edges or climb steep slopes to avoid accidents.
- Venture into high risk areas.

When getting lost

- Keep calm and find your location with a compass, a map or a GPS navigation device.
- Try to recall the routes you have covered and then retrace your steps back. If this does not work, stay put and await rescue.
- Don't proceed further as this may consume your energy and make rescue more difficult.
- Dial 112, the international emergency call number, for help immediately. Provide as much information about your location as possible, such as your GPS location, key landmarks nearby, etc.
- Send the International Mountain Distress Signals or the Morse Code Distress Signals with the aid of a whistle, a torch, lights, etc. The former is to give a signal six times within a minute and then repeat in the same manner after one-minute pause. The latter is to give three short signals, followed by three long and three short ones.

Fire Incidents

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Incidents Relating to Water Sports

Preparations

- Pay attention to weather conditions. Do not engage in water sports under inclement weather, especially when there is thunder and rain.
- Swim in a pool or a beach with lifeguards on duty.
- Pay attention to shark warnings.

During water sports



- Cry for help when in distress.
- Take good care of children.
- Warm up before swimming.
- Leave the water immediately if schooling fish start to behave erratically or congregate in unusually large numbers.



- Over-expose to the scorching sun.
- Soak in the water for too long to prevent hypothermia.
- Swim in strong winds and big waves.
- Swim alone.
- Swim when bleeding or with open wounds.
- Rely on swimming rings or other swimming aids.
- Swim immediately after a meal.

Seeing a distressed swimmer

- Keep calm.
- Assess whether the environment is safe.
- Cry for help and ask someone to call the police.
- Reach out or throw a buoyancy aid such as a swimming ring to the distressed swimmer.
- Never jump into the water to try to rescue the distressed swimmer unless you have life-saving training.



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Incidents Relating to Major Festive Events and Mass Gatherings

Multiple major festive events and mass gatherings such as parades, big concerts, countdowns and sports events are often organised in overseas countries. Large crowds at these activities may prompt chaos or even a stampede if something bad happens.

Preparations

- Develop an emergency plan in advance once you decided to attend a festive event or mass gathering.
- Check the evacuation routes and locations of first-aid posts designated by the local organiser.
- Check the road closure and traffic arrangements made by the local authority.
- Decide on a meetup place and means of contact with fellow travellers in case of separation in a crowd.

During major festive events and mass gatherings

- Stay alert when the crowds grow and become raucous.
- Remain calm and keep a distance from the crowd.
- Follow the staff's instructions to leave the area.
- Go to the decided safe location as quickly as possible through the predetermined evacuation route.
- If you are separated from your companions in a crowd, go to the decided meetup place.



- Try to come close to or go against the crowds, and be careful not to trip down and be trampled.
- Stay in the same spot.



Terrorist Attacks

Global Terrorism Threat

International terrorism remains a serious threat to the world. Terrorists motivated by extremist ideologies could launch attacks anywhere in the world usually with little or no warning.

Although Hong Kong interests have not been specifically targeted for attack, there were previous occasions where Hong Kong residents travelling abroad were injured or killed in indiscriminate attacks.

Thailand (August 2015)

Two Hong Kong residents were killed and six were wounded in the Erawan Shrine bombing in Bangkok, which caused 20 deaths and 125 injuries.

Germany (July 2016)

A Hong Kong family of four on board a commuter train in southern Germany were assaulted and injured by an axe-wielding assailant.

Spain (August 2017)

A Hong Kong resident suffered from leg injury during escape from a vehicle-ramming attack targeting Las Ramblas in Barcelona, causing 13 deaths and 130 injuries.

Common Targets of Attack

Terrorists have increasingly targeted crowded locations and targets in order to create mass terror and casualties. Attractive targets of attack included:

Landmarks and critical infrastructures



Places with congregation of crowds (e.g. restaurants, shopping malls, markets, public transportation, popular tourist spots)



Local government representations



Terrorists have track records of perpetrating attacks timed to major events, festive seasons or symbolic dates. Their means of attacks remain diverse, ranging from primitive weapons such as knives and car ramming to more advanced weapons such as improvised explosive devices.

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Safety Tips To Minimize Your Risk

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STAY INFORMED

Before you travel, check the local situation, for any circumstances which may affect your safety and security. Stay tuned to the local news for the latest development; check the Outbound Travel Alert (OTA) System webpage and the “Safeguard HK” Mobile App to obtain the latest information about the countries/territories covered by the OTA System.

STAY ALERT

When you travel, be alert in public places or crowded locations. Look out for suspicious behaviours or unattended items and make a report to local police, if necessary. Wherever you are, know where the emergency exits are located.

STAY IN TOUCH

Inform your family and friends of your itineraries and contact details. Register your travel plans and contact details with the Immigration Department (ImmD) through its online Outbound Travel Information service. The ImmD may contact and assist you in an emergency.

Actions in a Response to Terrorist Incidents

In the event of a terrorist incident, you should apply the “Run-Hide-Report” guidance to stay safe:

Run

To run out of the attacker’s line of sight and leave the scene via a safe route. More importantly, refrain from staying at the scene for taking photos or videos but leave immediately to avoid danger.

Hide

If it is impossible to leave the attack scene, hide and lock yourself in a room, and then mute the mobile phone and turn off the vibration function as soon as possible. Refrain from using any items that can give out light or sound to avoid drawing the attacker’s attention. Stay calm and wait for police rescue.



Report

Call the local police when safe or far away from the attack location.

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* The above information is provided by the Inter-departmental Counter Terrorism Unit.

Chemical, Biological, Radiological and Nuclear (CBRN) Incidents

Tell-tale signs of a CBRN incident

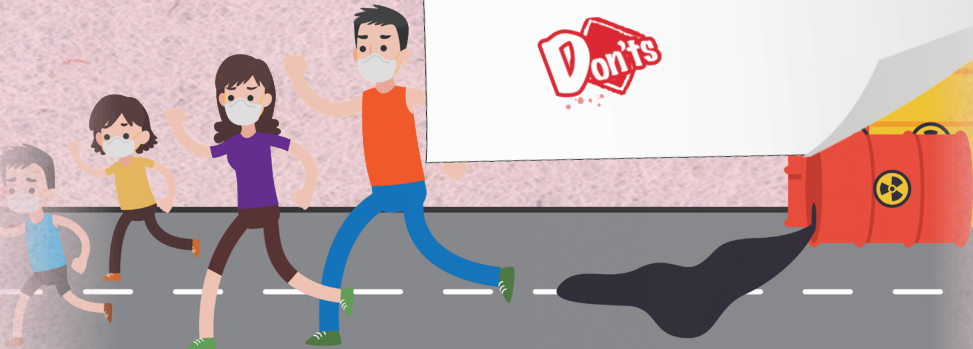
A CBRN incident usually comes with some tell-tale signs. For example, a large number of people in a place feel sick simultaneously, with some unexplained symptoms including breathing difficulties, headaches, blurred vision, runny noses, watery eyes, emesis, skin burns, collapse or sudden loss of consciousness.

During a CBRN incident

- Stay calm.
- Protect your respiratory system and reduce your breathing as much as you can.
- Try to cover your mouth and nose with a cloth or the likes.
- Leave the scene immediately and go to a safe place to await rescue.
- Take off your clothes as soon as possible and wash your body with soap and water. This helps remove CBRN agents from your skin and reduce their harmful effects.
- Follow the instructions of emergency responders.

- Rub the affected areas, especially your eyes.
- Remove any object from the scene.
- Have bodily contact with other people.
- Panicking will only lead to shortness of breath and faster blood flow.

Don'ts



Emergency Items

A disaster or an emergency situation may strike at any time, anywhere. It is therefore advisable to carry with you the following items in case of emergency:

Items for
Evacuation

Three Useful
Items for
Fire Escape



Towel

Keys

Mobile Phone
and Charger



Battery-powered Radio and Spare Batteries
or Hand Crank Radio



Torch and Spare
Batteries

Items for
Sustaining Life



Potable Water



Dry Foodstuffs



Rain Gear



Thermal
Wear



Baby Supplies



Self-use Medicine and
Other General Medicine

Items for
Survival



Whistle



Life Support Kit



Cash



Masks



Multi-purpose Knife



Copies of Identity Documents
and Travel Documents

Reference Websites



Security Bureau

Security Bureau
<https://www.sb.gov.hk>

Agriculture, Fisheries and
Conservation Department
<https://www.afcd.gov.hk>



Agriculture, Fisheries and
Conservation Department



Civil Engineering and
Development Department

Civil Engineering and
Development Department
<https://www.cedd.gov.hk>

Department of Health
<https://www.dh.gov.hk>



Department of Health



Drainage Services Department

Drainage Services Department
<https://www.dsd.gov.hk>

Hong Kong Fire Services Department
<https://www.hkfsd.gov.hk>



Hong Kong Fire
Services Department



Hong Kong Observatory

Hong Kong Observatory
<https://www.hko.gov.hk>

Immigration Department
<https://www.immd.gov.hk>



Immigration Department



Hong Kong Police Force

Hong Kong Police Force
<https://www.police.gov.hk>

Centre for Health Protection
<https://www.chp.gov.hk>



Centre for Health Protection



Hong Kong Slope Safety

Hong Kong Slope Safety
<http://hkss.cedd.gov.hk>