

# Kick-off Ceremony of Summer Reading Fiesta cum Prize Presentation Ceremony of Reading KOL Short Video Competition 2018 held (with photos)

The large-scale family reading programme Summer Reading Fiesta, organised by the Hong Kong Public Libraries (HKPL) of the Leisure and Cultural Services Department, was launched today (July 28). An array of diverse and interesting activities will be held to promote reading for all, especially family reading. The Kick-off Ceremony coincided with the Prize Presentation Ceremony of Reading KOL Short Video Competition 2018. The competition received an enthusiastic response with more than 350 entries, and the winning entries are full of creativity and imagination.

The Kick-off Ceremony of Summer Reading Fiesta was held today at Hong Kong Central Library (HKCL). Members of the public, especially parents and children, are invited to join various activities during the Fiesta to discover the fun of reading in summer. Members of the public can also sign the Reading Charter at the libraries or make a pledge on the HKPL website, so as to enjoy a fruitful and joyful summer through reading.

The Reading KOL Short Video Competition 2018 was held from April to June, with an aim of encouraging members of the public to share the joy of reading and arouse their interest in reading. The competition consisted of three categories, namely the primary, secondary and open categories. It was supported by the Education Bureau with Sing Tao Daily and Smart Parents as media partners. It was part of a series of vibrant activities organised by the HKPL in support of a reading-for-all campaign themed "Discover and Share the Joy of Reading" launched by the Government earlier.

The open category's winner was Simon Overton, whose winning video was entitled "...But a book". Chloe Alquitran from Marymount Secondary School and Anson Lau from Hong Kong Baptist University Affiliated School Wong Kam Fai Secondary and Primary School were the champions of the secondary and primary school categories respectively with their winning videos entitled "Twenty Six Letters" and "Reading is awesome!". The Most Active Participating School Award was presented to Ju Ching Chu Secondary School (Yuen Long) (secondary school category) and Ho Ming Primary School (Sponsored by Sik Sik Yuen) (primary school category). The most viewed award of each category and the full list of winners will be uploaded to the HKPL website [www.hkpl.gov.hk](http://www.hkpl.gov.hk).

Summer Reading Fiesta includes a wide range of activities between today and August 13. A variety of music and drama performances and the Parent-Child Cosplay Contest – Book Characters Come Alive will be held at the Exhibition Gallery of HKCL. Families can also participate in other entertaining activities including "Reading Together – Happy Together" reading sessions, workshops and artist/writer sharing sessions. In addition, various public

libraries will also hold activities including book exhibitions and workshops for the public to enjoy a fruitful and fun summer vacation together.

The activities of Summer Reading Fiesta are free of charge. Seat reservation or admission tickets are required for some programmes. Details can be found in the Summer Reading Fiesta leaflet available at all public libraries and [www.hkpl.gov.hk/srf](http://www.hkpl.gov.hk/srf). For enquiries, please call 2921 2660.



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## [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 28) 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.

"The obese, the sick, including those with heart disease or high blood pressure, the old and the young are more vulnerable to heat-related illnesses. 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 place additional demands on the physique;
- Perform outdoor activities in the morning or late afternoon;
- For indoor activities, open all windows, use a fan or use air-conditioning to maintain good ventilation; and
- Reschedule work to cooler times of the day.

If working in a hot environment is inevitable, introduce shade in the workplace where practicable, and start work slowly and pick up the pace gradually. Get into a cool area for rest at regular intervals to allow the body to recuperate.

The public should also note the latest and the forecast Ultraviolet (UV) Index released by the Hong Kong Observatory (HKO). When the UV Index remains high (6 or above):

- Minimise direct exposure of the skin and the eyes to sunlight;
- Wear loose long-sleeved clothing made of close-woven fabrics;
- Wear a wide brim hat or use an umbrella;
- Seek a shaded area or put on UV-blocking sunglasses;
- Apply a broad-spectrum sunscreen lotion with a sun protection factor (SPF) of 15 or above. Apply liberally and reapply after swimming or sweating; and
- While using DEET-containing insect repellents for personal protection against mosquito-borne diseases, apply sunscreen first, then insect repellent.

If 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.

The public may get more information from the DH's Health Education Hotline (2833 0111), [heat stroke](#) page and [UV radiation](#) page; the HKO's Dial-a-Weather (1878 200), latest [weather 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.

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## Assess the risk of heat stroke to employees

Attention duty announcers, radio and TV stations:

Please broadcast the following special announcement immediately, and repeat it at frequent intervals when the Very Hot Weather Warning is in force:

The Labour Department reminds employers that as the Very Hot Weather Warning is in force, they should assess the risk of heat stroke to their employees and adopt effective preventive measures such as providing cool drinking water, setting up temporary sunshade and providing mechanical aids to reduce physical exertion of employees. Employees should drink water regularly and be mindful of their physical condition. If early heat stroke symptoms such as headache and thirst appear, they should inform their supervisors and seek medical help immediately.

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## 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.

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## Regional flag day today

Three charities have been issued Public Subscription Permits to hold flag sales from 7am to 12.30pm today (July 28). They are, on Hong Kong Island, Society for Abandoned Animals Limited; in Kowloon, Hong Kong Society for the Protection of Children; and in the New Territories, Evangelical Lutheran Church Social Service – Hong Kong, a spokesman for the Social Welfare Department (SWD) said.

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

Information on the three flag-selling organisations on July 28 is as follows:

Region	Name of organisation	Colour of collection bag	Colour of flag
Hong Kong Island	Society for Abandoned Animals Limited	Orange	Blue
Kowloon	Hong Kong Society for the Protection of Children	Orange	Beige
New Territories	Evangelical Lutheran Church Social Service – Hong Kong	Yellow	Yellow

For enquiries, please call the SWD's hotline at 2343 2255, or the Charitable Fund-raising Control Team at 2832 4311 during office hours. Information on the flag days of the month is available at the SWD's website ([www.swd.gov.hk/en/index/site\\_whatsnew](http://www.swd.gov.hk/en/index/site_whatsnew)). Permits for flag days containing contact information of the flag-selling organisations and information on the approved flag-selling activities have also been uploaded to the SWD's website ([www.swd.gov.hk/en/index/site\\_pubsvc/page\\_controlofc/sub\\_recentlyap](http://www.swd.gov.hk/en/index/site_pubsvc/page_controlofc/sub_recentlyap)). For enquiries about the detailed flag-selling arrangements, please contact the individual flag-selling organisations.

Details of the charitable fund-raising activities covered by the Public Subscription Permit issued by the SWD have also been uploaded to the GovHK website ([www.gov.hk/fundraising](http://www.gov.hk/fundraising)).

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.