

HAD opens temporary cold shelters

â€‹In view of the cold weather, the Home Affairs Department has opened 18 temporary cold shelters in various districts today (February 23) for people in need of the service. The temporary shelters will remain open when the Cold Weather Warning is in force.

Clean mattresses and blankets/quilts, hot meals and hot water will be provided to shelter users free of charge during the opening of the temporary shelters.

To ensure that cold shelter users can rest in a quiet and undisturbed environment, members of the public or agencies wishing to make donations to shelter users are requested to register with the staff of the shelter first. Donors will then be directed to place the donated items at a specified indoor location. The staff will help notify the shelter users to collect the items on their own.

Anyone seeking temporary refuge, or those with any questions about the donation arrangements at the cold shelters, may call the department's hotline 2572 8427 for more information.

The 18 temporary cold shelters are located at:

Hong Kong Island:

Central and Western:

Sai Ying Pun Community Complex Community Hall
3/F, Sai Ying Pun Community Complex,
2 High Street, Sai Ying Pun

Eastern:

Causeway Bay Community Centre
3/F, 7 Fook Yum Road, Causeway Bay

Southern:

Lei Tung Community Hall
Lei Tung Estate, Ap Lei Chau

Wan Chai:

Wan Chai Activities Centre
LG/F, Wan Chai Market, 258 Queen's Road East, Wan Chai

Kowloon:

Kowloon City:

Hung Hom Community Hall

1/F, Kowloon City Government Offices,
42 Bailey Street, Hung Hom

Kwun Tong:
Lam Tin (West) Estate Community Centre
71 Kai Tin Road, Lam Tin

Sham Shui Po:
Nam Cheong District Community Centre
1 Cheong San Lane, Sham Shui Po

Wong Tai Sin:
Tsz Wan Shan (South) Estate Community Centre
45 Wan Wah Street, Tsz Wan Shan

Yau Tsim Mong:
Henry G Leong Yaumatei Community Centre
60 Public Square Street, Yau Ma Tei

New Territories:

Islands:
Tung Chung Community Hall
G/F, Tung Chung Municipal Services Building, 39 Man Tung Road, Tung Chung

Kwai Tsing:
Tai Wo Hau Estate Community Centre
15 Tai Wo Hau Road, Kwai Chung

North:
Cheung Wah Community Hall
Cheung Wah Estate, Fanling

Sai Kung:
Hang Hau Community Hall
G/F, Sai Kung Tseung Kwan O Government Complex,
38 Pui Shing Road, Hang Hau, Tseung Kwan O

Sha Tin:
Lung Hang Estate Community Centre
Lung Hang Estate, Sha Tin

Tai Po:
Tai Po Community Centre
2 Heung Sze Wui Street, Tai Po

Tsuen Wan:
Lei Muk Shue Community Hall
G/F, Hong Shue House, Lei Muk Shue Estate, Tsuen Wan

Tuen Mun:
Butterfly Bay Community Centre
Butterfly Estate (near Tip Sum House), Tuen Mun

Yuen Long:
Long Ping Community Hall
Long Ping Estate, Yuen Long

[15th National Games athletics \(marathon\) and handball test events successfully conclude \(with photos\)](#)

The 2025 Shenzhen-Hong Kong marathon and the 15th National Games (NG) athletics (marathon) test event and the 15th NG Handball Test Event concluded successfully today (February 23).

The marathon test event took place in this morning. Setting off from the Shenzhen Bay Sports Center, the runners entered Hong Kong via the Shenzhen Bay Port, ran along the Shenzhen Bay Bridge and Kong Sham Western Highway Viaduct, then turned back to the Shenzhen Bay Port through the same route, and finally ended at the Shenzhen Bay Sports Center. A total of 38 athletes participated including 3 male athletes and 3 female athletes from Hong Kong in the races. Zhao Chaochuan, from Yunnan, was crowned the Men's race championship in a time of 2 hours, 17 minutes and 17 seconds, while Chen Liqin from Guangdong won the Women's race championship, finishing at 2 hours, 44 minutes and 44 seconds. All the six Hong Kong athletes completed the races smoothly. Among them, Leanne Szeto Shiu-yan won the third place in 2 hours, 47 minutes and 20 seconds.

As for the handball test event held this afternoon, the final and the third-place games were staged at the Kai Tak Arena in the Kai Tak Sports Park. The men's handball team from Jiangsu won the championship, while the handball teams from Hong Kong and Guangdong took the titles of first runner-up and second runner-up respectively.

In concluding the test events, the Head of the National Games Coordination Office (Hong Kong) (NGCO), Mr Yeung Tak-keung, expressed his gratitude for the joint collaboration of all government departments, sports associations concerned and different organisations in implementing various arrangements planned before the event, marking a successful conclusion to the two test events. The NGCO will hold a meeting with all relevant government departments and organisations to review and enhance the competition arrangements, with a view to ensuring full preparation for the 15th NG to be held in November this year.

Mr Yeung also thanked the Shenzhen Municipal People's Government and the Executive Committee for the 15th NG, the 12th National Games for Persons with Disabilities and the 9th National Special Olympic Games in Shenzhen for joining hands with Hong Kong to organise this cross-boundary marathon test event, so as to spur inter-connectivity in the Greater Bay Area (GBA) via the NG events and further deepen collaboration and exchanges in sports among Hong Kong and other cities in the GBA.

In addition to the marathon test event and handball test event, the NGCO will be holding test events of various sports for the 15th NG gradually. The triathlon test event will take place at the Central Harbourfront and Victoria Harbour on March 1 and 2.

For information on the games in Hong Kong, please visit the thematic website (www.2025nationalgames.gov.hk/en/index.html), as well the Facebook page (www.facebook.com/2025nationalgames.hk) and Instagram page (www.instagram.com/2025nationalgames.hk).



Elderly reminded to take precautionary measures during cold spell

Attention Duty Announcers, Radio and TV Stations:

Please broadcast the following special announcement immediately, and repeat it at frequent intervals:

With the approach of cold weather, the Social Welfare Department (SWD) reminds the elderly to take precautionary measures during the cold spell. Relatives, friends and neighbours are encouraged to show concern and care for the health of frail elderly persons, particularly those living alone. Those in need may call the SWD hotline at 2343 2255 for assistance.

CHP reminds public of precautions against cold weather

The Centre for Health Protection (CHP) of the Department of Health (DH) today (February 23) reminded the public, particularly the elderly and people with chronic illnesses, to adopt appropriate measures to protect their health in view of the cold weather.

Cold weather can easily trigger or exacerbate diseases, especially among the elderly and persons suffering from heart disease, respiratory illnesses or other chronic illnesses.

Elderly people have less insulating fat beneath their skin to keep them warm, and their body temperature control mechanisms may be weaker. Their bodies may not be able to respond appropriately to cold weather.

Some senior persons may have decreased mobility, which can impair their ability to generate and conserve body heat. Chronic illnesses, such as hypertension, diabetes and endocrine disorders, may undermine the health of elderly people and lower their metabolic rate, subsequently causing their bodies to generate less heat. Persons with chronic illnesses, such as chronic respiratory illnesses or heart disease, are vulnerable to disease aggravation due to cold weather.

The CHP reminded the public, in particular the elderly and persons with chronic illnesses, to adopt the following preventive measures:

- Take note of the weather forecast. Wear warm clothing, including hats, scarves, gloves and socks, accordingly;
- Consume sufficient food to ensure adequate calorie intake;
- Perform regular exercise to facilitate blood circulation and heat production;
- Stay in a warm environment and avoid prolonged outdoor exposure;
- Use heaters with care and maintain adequate indoor ventilation; and
- Seek medical advice if feeling unwell.

â€œIn addition, the public should avoid alcoholic beverages.

Drinking alcohol does not keep you warm. Alcohol accelerates the loss of body heat through dilated blood vessels, resulting in chilling instead.

Parents should ensure that babies are sufficiently warm, but it is also important to keep babies relatively lightly clothed to avoid overheating.

Parents should observe the following safety measures when putting their children to bed:

- Keep the room well ventilated and at a comfortable temperature;
- Always place babies on their backs to sleep. Leave their heads, faces and arms uncovered during sleep;
- Babies do not need pillows. Place babies on a firm and well-fitted mattress to sleep. Avoid soft objects, pillows and loose bedding;
- Let babies sleep in a cot placed near their parents' bed; and
- Maintain a smoke-free environment.

In addition, many respiratory pathogens, including influenza and SARS-CoV-2, may have increasing activity and community transmission during winter. Seasonal influenza vaccination is recommended for all persons aged 6 months or above, except those with known contraindications. Persons at higher risk of influenza and its complications, including the elderly and children, should receive seasonal influenza vaccinations early. Please see details of the vaccination schemes on the CHP's [website](#).

A person infected with influenza and COVID-19 at the same time may be more seriously ill and have a higher risk of death. It is important for elderly persons, especially those residing in residential care homes, to receive both seasonal influenza and COVID-19 vaccinations. They should also receive an additional booster against COVID-19 according to recommendations as soon as possible. The public should also maintain good personal and environmental hygiene against respiratory illnesses and note the following:

- Surgical masks can prevent the transmission of respiratory viruses from ill persons. It is essential for persons who are symptomatic (even if having mild symptoms) to wear a surgical mask;
- Wear a surgical mask when taking public transport or staying in crowded places. It is important to wear a mask properly, including performing hand hygiene before wearing and after removing a mask;

- Avoid touching one's eyes, mouth and nose;
- Wash hands with liquid soap and water properly whenever possibly contaminated;
- When hands are not visibly soiled, clean them with 70 to 80 per cent alcohol-based handrub;
- Cover the mouth and nose with tissue paper when sneezing or coughing. Dispose of soiled tissue paper properly into a lidded rubbish bin and wash hands thoroughly afterwards;
- Maintain good indoor ventilation;
- When having respiratory symptoms, wear a surgical mask, refrain from work or attending classes at school, avoid going to crowded places and seek medical advice promptly; and
- Maintain a balanced diet, exercise regularly, take adequate rest, do not smoke and avoid overstress.

Food-borne diseases, particularly those linked to hotpot cuisine, are also common in cold weather. The following preventive measures should be taken:

- Wash hands before handling and consuming food;
- Do not patronise unlicensed vendors or those with poor hygienic standards while selecting food;
- Wash and cook all food thoroughly;
- Vegetables should be washed thoroughly in clean running water before cooking and consumption. When appropriate, scrub hard-surfaced vegetables with a clean brush to remove dirt and substances, including pesticide residues and contaminants, from surfaces and crevices;
- Shrimps should be fully cooked until the shells turn red and the flesh turns white and opaque;
- For shellfish such as scallops and geoduck, scrub the shells thoroughly and remove the internal organs;
- Do not eat any undercooked freshwater aquatic products. To ensure that the food is thoroughly cooked, the centre of the food should reach a temperature of at least 75 degrees Celsius to destroy pathogen;
- Most hotpot ingredients should be stored in a refrigerator at 4 degrees C or below, while frozen food should be stored in a freezer at -18 degrees C or below;
- Never use raw eggs as a dipping sauce for hotpot; and
- Use different sets of chopsticks to handle raw and cooked food to avoid cross-contamination.

â€œIn addition, when using fuel-burning appliances, especially in indoor areas, the public should ensure adequate ventilation to avoid harmful exposure to carbon monoxide (CO) and prevent CO poisoning.

For more health information, the public may call the DH's Health Education Infoline (2833 0111) or visit the [CHP's website](#) and [Facebook Fanpage](#).

The public may also call Dial-a-Weather (1878 200) or visit the [website of the Hong Kong Observatory](#) for the latest weather information and

forecasts, or its [page on Weather Information for Senior Citizens](#).

Employers and employees should take precautions during cold weather

Attention duty announcers, radio and TV stations:

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

The Labour Department reminds employers that as the Cold Weather Warning is in force, they should take appropriate precautions such as reminding employees who have to work outdoors or in remote areas to wear appropriately warm clothing, and make arrangements for employees to rotate from outdoor to indoor or sheltered work sites as far as possible. Employees should take note of the weather report, wear appropriately warm clothing and be mindful of their health conditions. They should notify their supervisors and seek medical help immediately if feeling unwell, such as having cold limbs and body shivering.