

Red flag hoisted at Clear Water Bay Second Beach

Attention TV/radio announcers:

Please broadcast the following as soon as possible:

Here is an item of interest to swimmers.

The Leisure and Cultural Services Department announced today (December 8) that due to big waves, red flag has been hoisted at Clear Water Bay Second Beach in Sai Kung District. Beach-goers are advised not to swim at the beach.

CHP reminds public on precautions against cold weather

The Centre for Health Protection (CHP) of the Department of Health (DH) today (December 8) 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.

A spokesman for the CHP said that cold weather can easily trigger or exacerbate diseases, especially among the elderly and persons suffering from heart disease, respiratory illness or other chronic illnesses.

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

Some senior persons may have decreased mobility, which can in turn slow down 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 body to generate less heat.

The CHP reminds 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.

In addition, the public should avoid alcoholic beverages.

"Drinking alcohol cannot keep you warm. Alcohol accelerates the loss of body heat through dilated blood vessels, resulting in chilling instead," the spokesman said.

"Parents should ensure that babies are sufficiently warm, but it is also important to keep babies lightly clothed to avoid overheating them," the spokesman added.

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

- Keep the room well ventilated and with a comfortable temperature;
- Always place babies on their back to sleep. Babies usually sleep well without a pillow;
- Place babies on a firm and well-fitted mattress to sleep. Avoid soft objects and loose bedding;
- Leave their head, face and arms uncovered during sleep; and
- Let babies sleep in a cot placed in the parents' room and near their bed.

Members of the public are advised to take heed of the following advice to reduce the risk of getting influenza and respiratory tract infections:

- Maintain adequate rest, a balanced diet and regular physical activity, and avoid stress and do not smoke;
- Maintain good personal and environmental hygiene;
- Maintain good hand hygiene via proper handwashing or use of alcohol-based handrub;
- Ensure good ventilation;
- Wear a face mask in the event of influenza-like symptoms, while taking care of patients and when visiting hospitals or clinics;
- Cover the nose and mouth while sneezing or coughing. Dispose of soiled tissue paper in a lidded rubbish bin and wash hands immediately afterwards;
- Seek medical advice when feeling unwell, and stay at home;
- Receive seasonal influenza vaccination, which is recommended for all persons aged 6 months or above except those with known contraindications; and
- Persons at higher risk of getting influenza and its complications, including the elderly and persons aged 50 to 64, should receive seasonal influenza vaccination early. Please see details of the Vaccination

Subsidy Scheme on the CHP's [website](#).

Food-borne diseases, particularly those linked to hot pot 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 vegetables with hard surfaces with a clean brush to remove dirt and substances, including pesticide residues and contaminants, from the surface and crevices;
- Shrimps should be fully cooked by cooking them until the shells turn red and the flesh turns white and opaque;
- For shellfish like scallops and geoduck, scrub the shells thoroughly and remove internal organs;
- Most hot pot ingredients should be stored in a refrigerator at 4 degrees Celsius 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 hot pot; and
- Use different sets of chopsticks to handle raw and cooked food to avoid cross-contamination.

In addition, the public should not use charcoal as cooking fuel in poorly ventilated areas, especially indoors, to avoid harmful exposure to carbon monoxide (CO) and prevent CO poisoning. While using other kinds of fuel, the public should also ensure adequate ventilation.

For more health information, the public may call the DH's Health Education Hotline (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 forecast, 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.

Fatal traffic accident in Sham Shui Po

Police are investigating a fatal traffic accident in Sham Shui Po last night (December 7) in which a 65-year-old man died.

At about 10.45pm, a public light bus (PLB) driven by the 65-year-old man was travelling along Wai Chi Street towards Nam Cheong Street. When approaching Mei Yue House in Shek Kip Mei Estate, the PLB reportedly lost control and rammed into a private car parked on the roadside.

The PLB driver was sent to Caritas Medical Centre in semi-conscious state and was certified dead at 11.34pm. The 41-year-old male private car driver and a 25-year-old female PLB passenger also sustained injuries and were sent to Caritas Medical Centre in conscious state.

Investigation by the Special Investigation Team of Traffic, Kowloon West is underway.

Anyone who witnessed the accident or has any information to offer is urged to contact the investigating officers on 3661 9000 or 3661 9062.

Electoral Affairs Commission responds to media enquiries

The following is issued on behalf of the Electoral Affairs Commission:

In response to media enquiries today (December 7) about counting for the 2019 District Council Ordinary Election, a spokesman for the Electoral Affairs Commission gives the following reply:

Counting of votes is conducted in an open and transparent environment,

under public scrutiny.

Once the poll closes, candidates, their election agents and polling agents may stay in the polling station to observe the process of locking of ballot boxes, and the conversion of polling stations into counting stations. They can observe the entire counting process at the counting station, which includes the breaking of seals on the ballot boxes, the sorting, separation and counting of ballot papers, the counting of votes recorded on the valid ballot papers and the determination by Presiding Officers (PROs) on the validity of questionable ballot papers. They may also copy what is recorded on the ballot paper account if needed. Other than that, members of the public and reporters are also able to watch the counting process at designated areas inside the counting stations.

According to Electoral Affairs Commission (Electoral Procedure) (District Councils) Regulation (Cap. 541F) section 80A and 80B, PRO may decide whether a re-count of the votes of the counting stations is necessary. If a candidate or his/her agent requests to re-count, such a request shall be made to the PRO, and he/she will decide whether the request should be acceded to. If he/she decides that such a re-count is reasonable in the circumstances, a re-count will be conducted.

The spokesman reiterated that the EAC is an independent, apolitical and impartial body established under the Electoral Affairs Commission Ordinance, responsible for organising and supervising public elections in an open, fair and honest manner. If anyone thinks that the election is interfered by corrupt or illegal conduct, or there is a material irregularity, candidates and the electors of the relevant constituency can make election petitions to query the result of the election, which will be determined by the court.

The Electoral Affairs Commission will review various electoral arrangements. A report will be submitted to the Chief Executive within the next three months.