

# CHP reminds public on precautions against cold weather

The Centre for Health Protection (CHP) of the Department of Health (DH) today (December 7) 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](#).

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## **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.

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## **Territory-wide flag-selling activity cancelled**

The Social Welfare Department (SWD) has been informed by Hong Kong

Christian Service that the territory-wide flag-selling activity in public places scheduled to be held today (December 7) has been cancelled, a spokesman for the SWD said.

For enquiries, please contact Mrs Tam of the organisation at 2731 6369.

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## [Hong Kong action films featured at 15th FILMASIA in Prague \(with photo\)](#)

The Hong Kong Economic and Trade Office, Berlin (HKETO Berlin) continues its support for the Hong Kong film industry by once again sponsoring the FILMASIA festival in Prague. The 15th edition of the film festival honours the works of the legendary Hong Kong actor, director and choreographer Sammo Hung. Seven martial arts films from Hong Kong and Asia are displayed throughout the festival from December 5 to 8 (Prague time), including Sammo Hung's action-loaded production "The Bodyguard" being featured at the opening ceremony.

This year's edition of FILMASIA discovers the traces of influence of Hong Kong films on contemporary action films. Since the generation of Jackie Chan and Sammo Hung, viewers from around the world have been fascinated by the choreographies and stunts in Hong Kong's action films, which have also significantly inspired martial arts production from other parts of the world. To honour the achievement of the Hong Kong action films and its contribution to the film industry, FILMASIA will present four action film titles from Hong Kong: "The Bodyguard", "Once upon a time in China", "SPL II: A time for consequences" and "Project A" alongside other Asian film adaptations.

Sammo Hung has been at the centre of the action film genre for more than four decades. At a young age Sammo Hung began his career as a child actor. His passion for martial arts and films later led him to become one of the leading figures in Hong Kong's martial arts film era in the 1970s. Since then, he has starred in more than two hundred roles and was involved in producing roughly one hundred films as a choreographer and action director. The films from Hong Kong and Asia at large shown throughout this festival give a little glimpse into the gravity of his works, and would definitely spark interest in Hong Kong's film industry for many viewers in Prague.

In his speech at the opening of FILMASIA on December 5 (Prague time), the Director of HKETO Berlin, Mr Bill Li, talked about Hong Kong's commitment to arts and culture, mentioning that Hong Kong hosts Hong Kong International Film & TV Market (FILMART), the biggest trade fair in Asia's entertainment industry every year in March. In outlining the Hong Kong Special Administrative Region (HKSAR)'s support for the film industry, he noted that the government injected HK\$1 billion into the Film Development Fund to nurture local talent, enhance local production, expand markets and build

wider audiences.

Hong Kong has a rich history in action film. As an arts and cultural hub in Asia, Hong Kong is known for being a source of extraordinary film talents. Young filmmakers and actors frequently bring new ideas to enrich Hong Kong's film industry. The film industry like other creative industries is an important economic driver for Hong Kong. With the aim of attracting highly qualified, talented professionals from around the world, the government has drawn up the Talent List which comprises 11 professions which receive facilitated access when settling to Hong Kong. As part of the Talent List, Hong Kong welcomes creative industry professionals in music, digital entertainment and films to join its dynamic creative industry.

About HKETO Berlin

HKETO Berlin is the official HKSAR Government representation in commercial relations and other economic and trade matters in the Czech Republic as well as Austria, Germany, Hungary, Poland, the Slovak Republic, Slovenia and Switzerland.



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## [President of LegCo encourages CSD passing out members \(with photos\)](#)

The Correctional Services Department (CSD) held a passing-out parade at the Staff Training Institute in Stanley today (December 6) to mark the graduation of 24 Officers and 105 Assistant Officers II. The President of the Legislative Council, Mr Andrew Leung, reviewed the parade.

At the parade, the correctional officers marched past the reviewing officer with a collective spirit of high morale, demonstrating self-confidence, team spirit and enthusiasm.

The newly recruited Officers and Assistant Officers II have undergone 26 and 23 weeks of training respectively. Officer Mr Law Man-kwong was awarded the Principal's Shield, while four Assistant Officers II were awarded the

Golden Whistle for their outstanding performance during training.

Mr Law, formerly a representative of the Hong Kong basketball team and an Assistant Officer II, has become an Officer through the Potential Officer Scheme. He said that he will use his persevering spirit as an athlete to encourage persons in custody to face challenges.

Another graduate, Assistant Officer II, Ms Kaur Sukhdeep, who is of Indian descent, hopes to become a bridge for communication with non-local persons in custody to reduce misunderstandings from cultural differences and help them adapt to institutional life as soon as possible.