

North Lamma Public Library to reopen on Monday after reconstruction (with photos)

The North Lamma Public Library (LMNPL) will reopen at 10am on June 24 (Monday) after reconstruction. The floor area of the LMNPL has been expanded from about 70 square metres to some 177 square metres and offers a collection of over 27 000 items for people of all ages and interests.

Apart from increases of both the floor area and the collection, the new LMNPL will introduce a self-charging service and more Internet and digital service workstations to assist public use of library materials and access to online and library electronic resources. More seating is also available. Window seats in the new LMNPL chime with the library's concept of "reading by the sea", offering residents a pleasant and diversified reading environment.

The LMNPL will be open from 10am to 1pm and 2pm to 6pm on Mondays, Tuesdays, Wednesdays, Fridays and Saturdays, and from 10am to 1pm on Sundays and public holidays. It is closed on Thursdays.

The new LMNPL, located at 1 Yung Shue Wan Main Street on Lamma Island, will replace the provisional library service stop located at Yung Shue Wan Plaza Road. The library service stop will cease operation on the same day.

The new LMNPL is located on the first and second floors of the new three-storey building, while the ground floor accommodates the Heritage and Cultural Showroom. It is one of Islands District's projects under the Signature Project Scheme.





Cancellation of LegCo committee meeting

The following is issued on behalf of the Legislative Council Secretariat:

The meeting of the Legislative Council Panel on Transport originally scheduled for today (June 21) at 10.45am has been cancelled.

Red flag hoisted at Hung Shing Yeh 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 (June 21) that due to big waves, the red flag has been hoisted at Hung Shing Yeh Beach in Islands District. Beach-goers are advised not to swim at the beach.

Extended tender closing time and revised deposit point due to blockage of public access to the Government Secretariat Tender Box

The Central Tender Board has announced that due to blockage of public access to the Government Secretariat Tender Box (GSTB) at ground floor of the East Wing, Central Government Offices, 2 Tim Mei Avenue, Tamar, Hong Kong, the closing time for tenders which should originally be received through the GSTB by noon today (June 21) is extended to 5pm today (June 21), and such tenders have to be deposited into Government Logistics Department Tender Box (GLDTB) located on the ground floor of North Point Government Offices at 333 Java Road, North Point, Hong Kong instead.

Tenderers may wish to check in advance the route to the GLDTB and allow sufficient time to make arrangements to deposit their tenders into the GLDTB before the revised closing time of tenders. Late tenders will not be accepted. Tenders already deposited in GSTB will not be affected.

For enquiries, please call 2810 2497 or 2231 5105 between 9am and 6pm today.

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 (June 21) 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.