

Donate blood this Christmas and New Year holiday to beat winter shortage (with photo)

The following is issued on behalf of the Hospital Authority:

Please come and donate blood this Christmas and New Year holidays as your donations are needed more than ever to tackle the winter shortage in blood supply. Help us stock up the blood bank to support patients in need.

The cooler weather has reduced people's inclination to give blood. The Hong Kong Red Cross Blood Transfusion Service (BTS) recorded a low level of blood collection starting this winter, and the O+ blood type has been in acute inventory shortage since early December.

Cold weather during Christmas and New Year holidays will cause illness, putting even greater pressure on blood bank.

Most BTS' donor centres are open during the Christmas and New Year holidays. For further details please refer to the table below, or visit www.ha.org.hk/rcbt, or use the mobile app "HK Blood" or call 2710 1234.

As a token of thanks, all successful blood donors will receive an "I'm a Blood Donor" luggage scale while stock lasts.

Donate blood now!

Download "HK Blood" to locate your nearest donor centre:

iOS: itunes.apple.com/hk/app/hk-blood/id1387423207?mt=8

Android: play.google.com/store/apps/details?id=hk.org.ha.btsmapps&rdid=hk.org.ha.btsmapps

Opening Hours of Donor Centres during Christmas & New Year Holidays:

	December 24	December 25	December 26	December 31	January 1
HK Island					
Causeway Bay	11am – 8pm	11am – 8pm	11am – 8pm	11am – 8pm	11am – 8pm
Central District	11am – 7pm	Closed	Closed	11am – 7pm	Closed
Kowloon					
Mong Kok	11am – 9.30pm	11am – 7pm	11am – 7pm	11am – 9.30pm	11am – 7pm

Kwun Tong	11am – 8pm	11am – 8pm	11am – 8pm	11am – 8pm	11am – 8pm
West Kowloon	9.30am – 6pm	9.30am – 6pm	9.30am – 6pm	9.30am – 6pm	9.30am – 6pm
Headquarters (King's Park)	9.30am – 4.30pm	Closed	Closed	9.30am – 4.30pm	Closed
Poly U	10am – 6pm	Closed	Closed	10am – 6pm	Closed
New Territories					
Tsuen Wan	11am – 8pm	11am – 8pm	11am – 8pm	11am – 8pm	11am – 8pm
Sha Tin	11am – 7pm	11am – 7pm	11am – 7pm	11am – 7pm	11am – 7pm
Yuen Long	11am – 7pm	11am – 7pm	11am – 7pm	11am – 7pm	11am – 7pm



General clinic service during Christmas holidays

The following is issued on behalf of the Hospital Authority:

The Hospital Authority (HA) today (December 23) announces that 12 general out-patient clinics (see table below) will remain open during the Christmas holidays on December 25 and 26. Members of the public are reminded to make advance booking through the telephone system as usual for an appointment. A public hospital emergency physician also reminds the public to

refrain from excessive drinking during festive celebrations.

The HA spokesperson said the public could call the HA Infoline (2882 4866) for information on holiday general out-patient clinic service. They can also browse the website of Primary Care Directory of the Department of Health at www.pcdirectory.gov.hk, or download its mobile App to find an appropriate family doctor and his service hours.

With the approach of Christmas, HA consultant emergency physician Dr Lau Chu-leung reminds the public to refrain from excessive drinking. "Excessive drinking may result in adverse health condition and alcohol hangover. Alcohol will be decomposed by liver enzymes into acetaldehyde which is a toxic metabolite. Acetaldehyde accumulated to a certain level in blood will cause adverse reactions such as rapid heartbeat, headache, vomiting, impaired concentration, anxiety and depression. Excessive alcohol may also result in alcohol intoxication, which is life-threatening."

Dr Lau appeals to the public to avoid driving after drinking or when having alcohol hangover to prevent injuries from traffic accidents.

With the approach of the influenza season, he also reminds the public on the good personal hygiene habits such as covering the nose and mouth when coughing and sneezing, maintain hand hygiene, and wear a mask when having symptoms of respiratory infections to avoid further spread of the disease. The general public is also advised to receive seasonal influenza vaccination as early as possible to protect themselves and others. People travelling outside Hong Kong are reminded to avoid contacting birds or poultry, and to disclose their travel history to healthcare staff when seeking medical consultation.

District	Name of Clinic	Telephone number for booking	General enquiry
Hong Kong Island	Shau Kei Wan Jockey Club General Out-patient Clinic	3157 0077	2560 0211
	Violet Peel General Out-patient Clinic	3157 0000	3553 3116
	Aberdeen Jockey Club General Out-patient Clinic	3543 5011	2555 0381
Kowloon	Kwun Tong Community Health Centre	3157 0687	2389 0331
	Our Lady of Maryknoll Hospital Family Medicine Clinic	3157 0118	2354 2267
	Robert Black General Out-patient Clinic (Holiday clinic service is now provided at Our Lady of Maryknoll Hospital Family Medicine Clinic due to renovation works currently undertaking)	3157 0113	2383 3311
	Yau Ma Tei Jockey Club General Out-patient Clinic	3157 0880	2272 2400

New Territories	Lady Trench General Out-patient Clinic	3157 0107	2614 4789
	Lek Yuen General Out-patient Clinic	3157 0972	2692 8730
	Shek Wu Hui Jockey Club General Out-patient Clinic	3157 0965	2670 0211
	Tai Po Jockey Club General Out-patient Clinic	3157 0906	2664 2039
	Tuen Mun Clinic	3543 0886	2452 9111
	Yuen Long Jockey Club Health Centre	3543 5007	2443 8511

Consultation Hours:

December 25 and 26

9am to 1pm and 2pm to 5pm

Special traffic arrangements for race meeting in Sha Tin

Police advise motorists that special traffic arrangements will be implemented in Sha Tin to facilitate the race meeting today (December 23).

The arrangements will come into effect two hours before the start of the first race and will last until the crowds have dispersed after the race meeting.

Appropriate traffic signs will be put up and police will be on hand to guide motorists.

The Police also appeal to people going to Sha Tin Racecourse for the race meeting and to Happy Valley Racecourse for cross betting to make maximum use of public transport.

Parking spaces at the two racecourses are available only to holders of appropriate permits issued by Hong Kong Jockey Club and any vehicles illegally parked will be towed away.

Going green with reusable tableware

The Reusable Tableware Lending Programme, launched earlier this month,

targets organisers of large scale events.

News.gov.hk interviewed the organiser of the YMT Festival 2018, one of the events which joined the programme, and diners at the festival's poon choi feast, to see how it helps reduce waste and the use of disposable tableware.

The story appears on news.gov.hk today (December 23) in text and video format.

[Key statistics on service demand of A&E Departments and occupancy rates of medical wards in public hospitals](#)

The following is issued on behalf of the Hospital Authority:

During the winter surge, the Hospital Authority is closely monitoring the service demand of Accident and Emergency Departments and the occupancy rate of medical wards in public hospitals. Key service statistics are being issued daily for public information. Details are in the appended table.