

## Public hospitals daily update on COVID-19 cases

The following is issued on behalf of the Hospital Authority:

As at 9am today (May 16), four COVID-19 confirmed patients were discharged from hospital in the last 24 hours. Following the deletion of the local case 11801 announced on May 7 by the Centre for Health Protection and the replacement with an imported case, the patient statistics have been consolidated. Meanwhile, a total of 11 525 patients with confirmed or probable infection have been discharged.

At present, there are 616 negative pressure rooms in public hospitals with 1 155 negative pressure beds activated. A total of 56 confirmed patients are currently hospitalised in 15 public hospitals and the North Lantau Hospital Hong Kong Infection Control Centre, among which two patients are in critical condition, one is in serious condition and the remaining 53 patients are in stable condition.

The Hospital Authority will maintain close contact with the Centre for Health Protection to monitor the latest developments and to inform the public and healthcare workers on the latest information in a timely manner.

The case numbers of the discharged, critical and serious patients are as follows:

Discharged	11770, 11806, 11813, 11819
Critical	6794, 9907
Serious	10358

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## Ping Shan Tin Shui Wai Swimming Pool temporarily closed

Attention TV/radio announcers:

Please broadcast the following as soon as possible and repeat it at regular intervals:

Here is an item of interest to swimmers.

The Leisure and Cultural Services Department announced today (May 16) that Ping Shan Tin Shui Wai Swimming Pool in Yuen Long District has been

temporarily closed for cleaning and superchlorination following the discovery of a small amount of faeces in the pool.

It will be reopened at 7.30pm today.

The department appeals to swimmers to be considerate and to keep the swimming pools clean. They are advised not to swim after a full meal and should use the toilet facilities if necessary before swimming.

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## **CHP investigates four additional confirmed case of COVID-19**

The Centre for Health Protection (CHP) of the Department of Health (DH) announced that as of 0.00am, May 16, the CHP was investigating four additional confirmed cases of coronavirus disease 2019 (COVID-19), taking the number of cases to 11 825 in Hong Kong so far (comprising 11 824 confirmed cases and one probable case).

Among the newly reported cases announced, three are imported cases and one is epidemiologically linked with a local case.

As local case 11801 announced on May 7 was deleted according to the latest epidemiological investigation, a newly confirmed case today has taken up the case number of 11801.

A total of 38 cases have been reported in the past 14 days (May 2 to 15), including seven local cases of which one is from an unknown source.

The CHP's epidemiological investigations and relevant contact tracing on the confirmed cases are ongoing. For case details and contact tracing information, please see the Annex or the list of buildings with confirmed cases of COVID-19 in the past 14 days and the latest local situation of COVID-19 available on the website "COVID-19 Thematic Website" ([www.coronavirus.gov.hk](http://www.coronavirus.gov.hk)).

Meanwhile, the CHP reminded those who had visited specified venues under the Prevention and Control of Disease (Compulsory Testing for Certain Persons) Regulation (Cap. 599J) to receive COVID-19 nucleic acid testing according to the CTNs. The Regulation also requires all household members of close contacts of confirmed cases to undergo a COVID-19 nucleic acid test within a specified period according to CTNs published in the Gazette. The public are also urged to seek medical attention early if symptoms develop and undergo testing as soon as possible.

The Government has launched the COVID-19 Vaccination Programme. Members

of the public are encouraged to get vaccinated. Details of the programme can be found at the designated website ([www.covidvaccine.gov.hk](http://www.covidvaccine.gov.hk)).

The CHP called on members of the public to avoid going out, having social contact and dining out. They should put on a surgical mask and maintain stringent hand hygiene when they need to go out. The CHP strongly urged the elderly to stay home as far as possible and avoid going out. They should consider asking their family and friends to help with everyday tasks such as shopping for basic necessities.

The spokesman said, "Given that the situation of COVID-19 infection remains severe and that there is a continuous increase in the number of cases reported around the world, members of the public are strongly urged to avoid all non-essential travel outside Hong Kong.

"The CHP also strongly urges the public to maintain at all times strict personal and environmental hygiene, which is key to personal protection against infection and prevention of the spread of the disease in the community. On a personal level, members of the public should wear a surgical mask when having respiratory symptoms, taking public transport or staying in crowded places. They should also perform hand hygiene frequently, especially before touching the mouth, nose or eyes.

"As for household environmental hygiene, members of the public are advised to maintain drainage pipes properly and regularly pour water into drain outlets (U-traps). After using the toilet, they should put the toilet lid down before flushing to avoid spreading germs."

Moreover, the Government has launched the website "COVID-19 Thematic Website" ([www.coronavirus.gov.hk](http://www.coronavirus.gov.hk)) for announcing the latest updates on various news on COVID-19 infection and health advice to help the public understand the latest updates. Members of the public may also gain access to information via the COVID-19 WhatsApp Helpline launched by the Office of the Government Chief Information Officer. Simply by saving 9617 1823 in their phone contacts or clicking the link [wa.me/85296171823?text=hi](https://wa.me/85296171823?text=hi), they will be able to obtain information on COVID-19 as well as the "StayHomeSafe" mobile app and wristband via WhatsApp.

To prevent pneumonia and respiratory tract infections, members of the public should always maintain good personal and environmental hygiene. They are advised to:

- 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;
- Perform hand hygiene frequently, especially before touching the mouth, nose or eyes, after touching public installations such as handrails or doorknobs, or when hands are contaminated by respiratory secretions after coughing or sneezing;
- Maintain drainage pipes properly and regularly (about once a week) pour about half a litre of water into each drain outlet (U-trap) to ensure

environmental hygiene;

- After using the toilet, put the toilet lid down before flushing to avoid spreading germs;
- Wash hands with liquid soap and water, and rub for at least 20 seconds. Then rinse with water and dry with a disposable paper towel. If hand washing facilities are not available, or when hands are not visibly soiled, performing hand hygiene with 70 to 80 per cent alcohol-based handrub is an effective alternative;
- Cover your mouth and nose with tissue paper when sneezing or coughing. Dispose of soiled tissues into a lidded rubbish bin, then wash hands thoroughly; and
- When having respiratory symptoms, wear a surgical mask, refrain from work or attending class at school, avoid going to crowded places and seek medical advice promptly.

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## **DH encourages public to enhance health awareness against hypertension**

In support of World Hypertension Day, held annually on May 17, the Department of Health (DH) today (May 16) encouraged the public to be aware of and regularly monitor their blood pressure level, and lead a healthy lifestyle to fight against hypertension and other non-communicable diseases (NCDs).

"According to the World Health Organization, one in four men and one in five women worldwide have hypertension. Globally, it is a major public health challenge because of its high prevalence. The Population Health Survey 2014/15 conducted by the DH revealed that the prevalence of hypertension for persons aged between 15 and 84 was 27.7 per cent locally. Of these, about half were unaware of their own condition but were found to have high blood pressure during the survey," a spokesman for the DH said.

"Hypertension is a prominent risk factor for severe COVID-19 and death. In patients with COVID-19, there are reports showing that those with hypertension were more likely to become seriously ill or die from COVID-19 compared with those without hypertension. Unless with contraindications, individuals with hypertension under stable control are encouraged to receive a COVID-19 vaccination for protection against the disease. Individuals are encouraged to consult their family doctors about a COVID-19 vaccination," the spokesman said.

"Though hypertension is common, there are measures to reduce its risk. The risk of developing high blood pressure can be reduced by maintaining a healthy lifestyle such as lowering salt intake as part of a balanced diet and engaging in regular physical activities. Maintaining an optimal body weight

and waist circumference, refraining from smoking and drinking, keeping a healthy state of mind and alleviating stress, as well as getting enough sleep and rest, also help," the spokesman said.

The spokesman added that people should choose food low in salt, sugar and fat, and consume at least two servings of fruit and three servings of vegetables a day. Healthy adults should consume less than two grams of sodium (approximately one level teaspoon of salt) per day. They should also engage in at least two and a half hours of physical activities of moderate intensity (such as brisk walking) or one hour and 15 minutes of vigorous physical activities (such as jogging) every week.

Hypertension occurs when the pressure exerted on the walls of arteries is persistently elevated. If hypertension goes untreated or blood pressure is not well controlled, the arteries and vital organs may be damaged, leading to severe complications such as coronary heart disease, stroke, aneurysm, retinal disease and kidney failure, which may result in premature death or a significant drop in the ability to care for oneself.

While very few patients may suffer from headaches, dizziness and shortness of breath, hypertension does not usually give rise to obvious symptoms. As the first presenting symptom can be angina or coma, hypertension is often called the "silent killer".

"It is important to measure blood pressure regularly for early detection of the problem. Adults should have their blood pressure checked at least once every one or two years. If hypertension is suspected, seek a doctor's advice as soon as possible to arrange proper management," the spokesman said.

Blood pressure is presented as two numbers. The first number (systolic pressure) represents the pressure in the blood vessels when the heart contracts to pump blood, whereas the second or bottom number (diastolic pressure) represents the pressure when the heart relaxes between beats.

An adult is said to have hypertension if one's systolic pressure is persistently at 140 millimetres of mercury (mmHg) or above, or one's diastolic pressure is persistently at 90 mmHg or above. A person should pay more attention to his or her lifestyle and eating habits, and continue with blood pressure monitoring if the systolic pressure is persistently between 130 mmHg and 139 mmHg or diastolic pressure is between 85 mmHg and 89 mmHg, which is considered "high normal blood pressure".

The spokesman reminded members of the public that if hypertension is diagnosed, medication should be taken as directed by a doctor. They should understand what the medication is for, and how and when to take it. Regular medical follow-ups are also needed for appropriate management.

To combat the threat of NCDs, the Government announced "Towards 2025: Strategy and Action Plan to Prevent and Control Non-communicable Diseases in Hong Kong" in May 2018, setting out nine local targets to be achieved by 2025, which include halting the rise in the prevalence of high blood

pressure. The DH will continue to adopt a multi-pronged approach to promote the adoption of a healthy lifestyle by the public to achieve the targets.

Further information about hypertension is available on DH's thematic page at [www.chp.gov.hk/en/healthtopics/content/25/35390.html](http://www.chp.gov.hk/en/healthtopics/content/25/35390.html). For information about the COVID-19 Vaccination Programme, please visit [www.covidvaccine.gov.hk/en/](http://www.covidvaccine.gov.hk/en/).

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## Applications for CCF's living subsidy for non-public housing and non-CSSA households to close at end of May

The following is issued on behalf of the Community Care Fund Secretariat:

Applications for the Community Care Fund (CCF)'s "One-off Living Subsidy for Low-income Households Not Living in Public Housing and Not Receiving Comprehensive Social Security Assistance (CSSA)" Programme (2021) will close on May 31 (Monday). Eligible households must submit their applications for the subsidy on or before the deadline.

The Programme was launched on January 4 to relieve the financial pressure on low-income households. The amount of subsidy for one-person households, two-person households, three-person households, four-person households and five-or-more-person households are \$4,500, \$9,000, \$12,500, \$14,500 and \$15,500 respectively.

Beneficiaries should currently be renting accommodation on a monthly basis (or for longer tenures) in private housing, industrial buildings, commercial buildings or social housing operated by non-governmental organisations (NGOs); renting bedspaces offered under the Home Affairs Department's Singleton Hostel Programme or bedspaces in hostels operated by NGOs for rehabilitated offenders; residing in temporary housing; living on board vessels; or being homeless. Their monthly income must not exceed the specified limits. They should not be receiving CSSA or own any property in Hong Kong. For persons renting accommodation in private housing, industrial buildings, commercial buildings or social housing, their monthly rents should not exceed the specified rent limits. The specified income and rent limits are as follows:

Household size (persons)	Household income limit (\$)	Household rent limit (\$) (if applicable)
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1	15,100	7,550
2	22,000	11,000
3	26,800	13,400
4	33,500	16,750
5	36,900	18,450
6 or above	40,800	20,400

The Secretariat has sent notifications for confirming eligibility to eligible households who benefited from the first round of the Programme (the 2020 Programme) held during the period from July 2 to November 30, 2020 (i.e. old applicant households). Old applicant households who still meet the eligibility criteria of the 2021 Programme should complete the reply slips with appendices (if appropriate) attached to the notifications and return the completed slips to the service units that assisted to process the applications of the households concerned under the 2020 Programme or the Secretariat to confirm eligibility on or before May 31. Upon verification of eligibility, the Secretariat will send notifications of the eligibility verification results to the applicant households. The Secretariat will also arrange to disburse the subsidy to eligible households according to their chosen arrangements under the 2020 Programme (i.e. either through bank transfer or by order cheque).

If there are changes in the circumstances of old applicant households (such as there are new eligible members and/or changes of the specified applicants), they are still required to complete the reply slips and return them to the Secretariat. The Secretariat will forward these households' information to the relevant service units, which will contact the households to submit applications via a specified form (i.e. Form 1).

New applicant households should submit application forms (i.e. Form 2) together with copies of all the required documents to respective service units assisting in the implementation of the Programme near their places of residence either by post or in person. Households comprising solely elderly persons aged 60 or above, households comprising solely young persons aged 24 or below or the homeless can submit applications to elderly service units, youth service units or service units accepting applications from the homeless respectively by the deadline of May 31. Application forms and the programme brief can be downloaded from the CCF website ([www.communitycarefund.hk](http://www.communitycarefund.hk)). Owing to the latest developments of the COVID-19 pandemic, some service units may have adjusted their operating hours. Applicants are advised to submit applications by post. Applicants who wish to submit applications to the service units in person are suggested to call the service units to enquire about the operating hours. Service units may require applicants to make bookings in advance.

The Secretariat and service units will vet each application, including verifying the eligibility, checking the supporting documents submitted, and conducting home visits/income tests on selected applications. The Secretariat will issue notifications of results to applicants after vetting applications

and disburse the subsidy to eligible households through bank transfer or in the form of order cheques.

For details about the 2021 Programme, please visit the CCF website ([www.communitycarefund.hk](http://www.communitycarefund.hk)). Enquiries can be addressed to the enquiry hotline of the Programme on 2180 6666 or the 220 service units assisting in the implementation of the Programme.