

Special traffic arrangements for race meeting in Happy Valley

Special traffic arrangements will be implemented in Happy Valley today (May 16). The arrangements will come into effect one and a half hours before the start of the first race and will last until the crowds have dispersed after the race meeting.

A. Traffic arrangements before the commencement of the first race

1. Road closure

Southbound Wong Nai Chung Road between Queen's Road East and the up-ramp outside Hong Kong Jockey Club (HKJC) will be closed except for vehicles heading for Aberdeen Tunnel.

2. Traffic diversions

- Southbound Wong Nai Chung Road between Village Road and the up-ramp outside HKJC will be re-routed one way northbound;
- Vehicles from eastbound Queen's Road East heading for Wan Chai and Happy Valley will be diverted to turn left to Morrison Hill Road;
- Traffic along southbound Morrison Hill Road heading for Happy Valley will be diverted via Sports Road and Wong Nai Chung Road;
- Traffic along Queen's Road East cannot turn right to Wong Nai Chung Road except for vehicles heading to Aberdeen Tunnel;
- Traffic from Cross Harbour Tunnel heading for Queen's Road East will be diverted via the down-ramp leading from southbound Canal Road flyover to Morrison Hill Road to turn right at the junction of Wong Nai Chung Road and Queen's Road East; and
- Traffic from Cross Harbour Tunnel heading for Happy Valley or Racecourse will be diverted via the down-ramp leading from southbound Canal Road flyover to Canal Road East, southbound Morrison Hill Road, Sports Road and Wong Nai Chung Road.

B. Traffic arrangements during the race meeting

1. Road closure

The following roads will be closed from 35 minutes before the start of the last race:

- The up-ramp on Wong Nai Chung Road outside HKJC leading to Aberdeen Tunnel;
- Southbound Wong Nai Chung Road between Queen's Road East and the up-ramp leading to Aberdeen Tunnel;
- Southbound Wong Nai Chung Road between Village Road and the Public Stands of HKJC;
- Westbound Leighton Road between Wong Nai Chung Road and Canal Road East; and
- Southbound Morrison Hill Road between Leighton Road and Queen's Road East.

In addition, southbound Wong Nai Chung Road between the up-ramp leading to Aberdeen Tunnel and the Public Stands of HKJC will be closed from about 10 minutes before the start of the last race.

2. Traffic diversions

The following traffic arrangements will be implemented from 35 minutes before the start of the last race:

- Eastbound Queen's Road East at its junction with Morrison Hill Road will be reduced to one-lane traffic heading for northbound Canal Road flyover;
- Vehicles from Cross Harbour Tunnel heading for Wan Chai will be diverted via the down-ramp leading from Canal Road East, U-turn slip road beneath Canal Road flyover, Canal Road West and Hennessy Road;
- Vehicles from Cross Harbour Tunnel heading for Happy Valley will be diverted via the down-ramp leading from Canal Road East, eastbound Leighton Road and Wong Nai Chung Road;
- Traffic on southbound Morrison Hill Road will be diverted to turn left to eastbound Leighton Road;
- Traffic along southbound Morrison Hill Road heading for Happy Valley will be diverted via eastbound Leighton Road and Wong Nai Chung Road; and
- Traffic along westbound Leighton Road will be diverted to Wong Nai Chung Road.

C. Learner drivers prohibition

Learner drivers will be prohibited to turn left from Caroline Hill Road to Leighton Road between one and a half hours before the start of the first race and one hour after the last race. In addition, learner drivers will be prohibited from accessing the following roads within the above period of time:

- Shan Kwong Road between Yik Yam Street and Wong Nai Chung Road;
- Village Road between its upper and lower junctions with Shan Kwong Road;
- Percival Street between Hennessy Road and Leighton Road;
- Canal Road East; and
- The service road leading from Gloucester Road to Canal Road flyover.

D. Suspension of parking spaces

Parking spaces on southbound Wong Nai Chung Road between Sports Road and Blue Pool Road will be suspended from 11am to 7pm during day racing, from 4.30pm to 11.59pm during evening racing, and from 5pm to 11.59pm during night racing.

Any vehicles found illegally parked within the precincts of the above affected areas will be towed away without prior notice.

Actual implementation of road closure and traffic diversion will be made by the Police at the time depending on traffic conditions in the areas. Motorists should exercise tolerance and patience, and follow the instructions of Police on site.

Labour Department to hold occupational health public talks

The Labour Department (LD) will hold a public talk entitled "Health hazards of hot environment at work" on May 23 (Wednesday). The talk, designed for workers in hot environments to enhance their awareness of heat stroke prevention, will introduce symptoms of heat stroke, its first aid treatment and preventive measures.

The talk, to be given by the LD's occupational health nurse and occupational hygienist, will be held at 6.30pm at Activity Room 1, Hong Kong Central Library, 66 Causeway Road, Causeway Bay.

The LD will hold another talk entitled "Prevention of upper limb disorders" on May 30 (Wednesday). The talk will introduce the causes and preventive measures of upper limb disorders to enhance employees' awareness of the issues.

The talk will be held at 2.30pm at the lecture room of Fanling Occupational Health Clinic (7/F, Fanling Health Centre, 2 Pik Fung Road, Fanling), during which an occupational health nurse from the LD will lead demonstrations and practice of workplace exercise.

Both talks will be conducted in Cantonese. Admission is free. For enquiries or registration, please call 2852 4040.

Family doctors play important role in prevention and control of non-communicable diseases

In support of World Family Doctor Day this Saturday (May 19), the Department of Health (DH) today (May 16) called on the public to recognise the crucial role of family doctors in delivering primary care and safeguarding the health of the community, particularly in the prevention and control of non-communicable diseases (NCDs).

World Family Doctor Day has been celebrated annually by the World Organization of Family Doctors since 2010 to give recognition to the role and contribution of family doctors in healthcare systems around the world. The

theme this year is "Family doctors – leading the way to better health".

"Family doctors, as the first point of contact for individuals and families in the healthcare process, are the main provider of primary care, which is the first level of care in the whole healthcare system. They provide comprehensive, continuing, whole-person, co-ordinated and preventive care to individuals and their families to ensure their physical, psychological and social well-being. They also play a key role in the prevention and control of diseases including NCDs," a spokesman for the DH said.

In Hong Kong, five major NCDs, namely cancers, cardiovascular diseases including heart diseases and stroke, diabetes and chronic respiratory diseases accounted for about 55 per cent of all registered deaths in 2016. To curb the burden of NCDs, the Government has recently launched "Towards 2025: Strategy and Action Plan to Prevent and Control Non-communicable Diseases in Hong Kong" (SAP), which defines nine local health targets to be achieved by 2025.

"One of the initiatives in the SAP is to strengthen the health system at all levels, in particular comprehensive primary care for prevention, early detection and management of NCDs based on the family doctor model," the spokesman added.

To tie in with the annual World Family Doctor Day and further promote the concept of family doctors, the DH and Radio Television Hong Kong (RTHK), with support from the Hong Kong College of Family Physicians, have jointly produced a five-episode television programme, "My Family Doctor 3", which will be premiered on World Family Doctor Day on May 19.

The drama series features the important role of family doctors in assisting patients to quit smoking and alcohol drinking to prevent diseases, as well as early detection of NCDs including colorectal cancer. It also covers other health topics including food allergies, mood problems and sexually transmitted diseases. The programme will be broadcast on RTHK Channel 31 at 9.30pm to 10pm every Saturday from May 19 to June 16, and on TVB Jade at 6pm to 6.30pm every Tuesday from May 22 to June 19.

To assist the public to search for primary care providers, the DH since 2011 has set up the Primary Care Directory (www.familydoctor.gov.hk) under which sub-directories of family doctors, dentists and Chinese medicine practitioners are currently available. For more information on the concept of family doctors and primary care, please visit the website of the Primary Care Office of the DH (www.pco.gov.hk).

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 (May 16) 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.

[Assess the risk of heat stroke to employees](#)

Attention duty announcers, radio and TV stations:

Please broadcast the following special announcement immediately, and repeat it at frequent intervals when the Very Hot Weather Warning is in force:

The Labour Department reminds employers that as the Very Hot Weather Warning is in force, they should assess the risk of heat stroke to their employees and adopt effective preventive measures such as providing cool drinking water, setting up temporary sunshade and providing mechanical aids to reduce physical exertion of employees. Employees should drink water regularly and be mindful of their physical condition. If early heat stroke symptoms such as headache and thirst appear, they should inform their supervisors and seek medical help immediately.