

# HAD to open temporary night heat shelters

The Home Affairs Department will open 18 temporary night heat shelters tonight (July 28) for people in need of the service.

The shelters will be open from 10.30pm until 8am tomorrow.

For further information, please call the department's enquiries hotline before midnight on 2835 1473.

The 18 night heat shelters are located at:

## Hong Kong Districts:

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### Central and Western –

Sai Ying Pun Community Complex Community Hall  
3/F, Sai Ying Pun Community Complex  
2 High Street, Sai Ying Pun

### Eastern/Wan Chai –

Causeway Bay Community Centre  
Waiting Lobby, 3/F, 7 Fook Yum Road, Causeway Bay

### Southern –

Lei Tung Community Hall  
Lei Tung Estate, Ap Lei Chau

## Kowloon Districts:

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### Kowloon City –

Hung Hom Community Hall  
Multi-purpose Room, 1/F, Kowloon City Government Offices  
42 Bailey Street, Hung Hom

### Kwun Tong –

Lam Tin (West) Estate Community Centre  
71 Kai Tin Road, Lam Tin

### Sham Shui Po –

Shek Kip Mei Community Hall  
G/F, Block 42, Shek Kip Mei Estate  
Nam Cheong Street, Sham Shui Po

### Wong Tai Sin –

Tsz Wan Shan (South) Estate Community Centre

Hall, G/F, 45 Wan Wah Street, Tsz Wan Shan

Yau Tsim Mong –  
Henry G Leong Yaumatei Community Centre  
60 Public Square Street, Yau Ma Tei

New Territories Districts:  

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Islands –  
Tung Chung Community Hall  
G/F, Tung Chung Municipal Services Building,  
39 Man Tung Road, Tung Chung

Kwai Tsing –  
Kwai Shing Community Hall  
Podium, Block 6, Kwai Shing West Estate, Kwai Chung

North –  
Cheung Wah Community Hall  
Cheung Wah Estate, Fanling

Sai Kung –  
Hang Hau Community Hall  
G/F, Sai Kung Tseung Kwan O Government Complex,  
38 Pui Shing Road, Hang Hau, Tseung Kwan O

Sha Tin –  
Lung Hang Estate Community Centre  
Lung Hang Estate, Sha Tin

Tai Po –  
Tai Po Community Centre  
2 Heung Sze Wui Street, Tai Po

Tsuen Wan –  
Lei Muk Shue Community Hall  
G/F, Hong Shue House, Lei Muk Shue Estate, Tsuen Wan

Tuen Mun –  
Butterfly Bay Community Centre  
Butterfly Estate (near Tip Sum House), Tuen Mun

Yuen Long –  
Long Ping Community Hall  
Long Ping Estate, Yuen Long

Yuen Long –  
Tin Yiu Community Centre  
Tin Yiu Estate, Tin Shui Wai

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## **Kick-off Ceremony of Summer Reading Fiesta cum Prize Presentation Ceremony of Reading KOL Short Video Competition 2018 held (with photos)**

The large-scale family reading programme Summer Reading Fiesta, organised by the Hong Kong Public Libraries (HKPL) of the Leisure and Cultural Services Department, was launched today (July 28). An array of diverse and interesting activities will be held to promote reading for all, especially family reading. The Kick-off Ceremony coincided with the Prize Presentation Ceremony of Reading KOL Short Video Competition 2018. The competition received an enthusiastic response with more than 350 entries, and the winning entries are full of creativity and imagination.

The Kick-off Ceremony of Summer Reading Fiesta was held today at Hong Kong Central Library (HKCL). Members of the public, especially parents and children, are invited to join various activities during the Fiesta to discover the fun of reading in summer. Members of the public can also sign the Reading Charter at the libraries or make a pledge on the HKPL website, so as to enjoy a fruitful and joyful summer through reading.

The Reading KOL Short Video Competition 2018 was held from April to June, with an aim of encouraging members of the public to share the joy of reading and arouse their interest in reading. The competition consisted of three categories, namely the primary, secondary and open categories. It was supported by the Education Bureau with Sing Tao Daily and Smart Parents as media partners. It was part of a series of vibrant activities organised by the HKPL in support of a reading-for-all campaign themed "Discover and Share the Joy of Reading" launched by the Government earlier.

The open category's winner was Simon Overton, whose winning video was entitled "...But a book". Chloe Alquitran from Marymount Secondary School and Anson Lau from Hong Kong Baptist University Affiliated School Wong Kam Fai Secondary and Primary School were the champions of the secondary and primary school categories respectively with their winning videos entitled "Twenty Six Letters" and "Reading is awesome!". The Most Active Participating School Award was presented to Ju Ching Chu Secondary School (Yuen Long) (secondary school category) and Ho Ming Primary School (Sponsored by Sik Sik Yuen) (primary school category). The most viewed award of each category and the full list of winners will be uploaded to the HKPL website [www.hkpl.gov.hk](http://www.hkpl.gov.hk).

Summer Reading Fiesta includes a wide range of activities between today and August 13. A variety of music and drama performances and the Parent-Child Cosplay Contest – Book Characters Come Alive will be held at the Exhibition

Gallery of HKCL. Families can also participate in other entertaining activities including "Reading Together€Happy Together" reading sessions, workshops and artist/writer sharing sessions. In addition, various public libraries will also hold activities including book exhibitions and workshops for the public to enjoy a fruitful and fun summer vacation together.

The activities of Summer Reading Fiesta are free of charge. Seat reservation or admission tickets are required for some programmes. Details can be found in the Summer Reading Fiesta leaflet available at all public libraries and [www.hkpl.gov.hk/srf](http://www.hkpl.gov.hk/srf). For enquiries, please call 2921 2660.



## [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 (July 28) 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.

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## 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.

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## Very Hot Weather Warning issued

Attention TV/radio announcers:

Please broadcast the following as soon as possible:

The Hong Kong Observatory has issued the Very Hot Weather Warning.

To prevent heat stroke, avoid prolonged activities outdoors.

If engaged in outdoor work or activities, wear a wide-brimmed hat and light-coloured, loose-fitting clothes. Stay in shaded areas as much as possible.

Drink plenty of water, and avoid beverages containing caffeine or alcohol.

If you feel sick, consult a doctor right away.