

# HAD opens temporary cold shelters

In view of the cold weather, the Home Affairs Department has opened 18 temporary shelters today (January 29) for people in need of the service.

The temporary shelters will remain open during the daytime tomorrow (January 30) when the Cold Weather Warning is still in force.

To ensure that cold shelter users can rest in a quiet and undisturbed environment, members of the public or agencies wishing to make donations to shelter users are requested to register with the staff of the shelter first. Donors will then be directed to place the donated items at a specified indoor location. The staff will help notify the shelter users to collect the items on their own.

Anyone seeking temporary refuge or with any questions about the donation arrangements at the cold shelters may call the department's hotline 2572 8427 for more information.

In light of the implementation of mandatory use of the "LeaveHomeSafe" mobile application when entering government premises, all persons are required to use the app to scan the venue QR code before they are allowed to enter temporary cold shelters, except for exempted persons (including persons who are aged below 12 or aged 65 or above, persons with disabilities that render use of the app difficult and persons without smartphones). All exempted persons are required to complete a prescribed form to register their personal particulars, contact phone number and the date and time of entry. The staff will verify the information provided.

The 18 temporary cold shelters are located at:

Hong Kong Island:

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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:

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

Southern:

Wah Kwai Community Centre  
Wah Kwai Estate, Kellett Bay

Wan Chai:

Wan Chai Activities Centre  
LG/F, Wan Chai Market, 258 Queen's Road East, Wan Chai

Kowloon:

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Kowloon City:

Hung Hom Community Hall

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:

Nam Cheong District Community Centre

1 Cheong San Lane, Sham Shui Po

Wong Tai Sin:

Tsz Wan Shan (South) Estate Community Centre

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:

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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:

Chi Shin Activity Centre

G/F, Tseung Kwan O South Ancillary Facilities Block

5 Chi Shin Street, 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

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## **HAD distributes complimentary COVID-19 rapid test kits to Discovery Bay residents (with photo)**

In the light of the positive test results for the COVID-19 virus from some sewage samples collected in Discovery Bay, the Home Affairs Department and the Islands District Office (IsDO) today (January 29) distributed a total of about 26 000 COVID-19 rapid test kits to residents within the district.

IsDO distributed the rapid test kits to households living within the district through its property management company today, in the hope of identifying infected persons early, so as to better protect the infected persons and their families. However, the Government stresses that rapid test kit testing is not a substitute for the Government's compulsory testing requirement.

The Government appeals for the co-operation of members of the public to safeguard the health of themselves and their families by undergoing testing on a voluntary basis and fighting the virus together. The Government urges all individuals who are in doubt about their own health condition, or individuals with infection risks (such as individuals who visited places with epidemic outbreaks or had contact with cases that tested positive), to undergo testing promptly for early identification of infected persons to reduce the transmission risks of COVID-19.



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## Elderly reminded to take precautionary measures during cold spell

Attention Duty Announcers, Radio and TV Stations:

Please broadcast the following special announcement immediately, and repeat it at frequent intervals:

With the approach of cold weather, the Social Welfare Department (SWD) reminds the elderly to take precautionary measures during the cold spell. Relatives, friends and neighbours are encouraged to show concern and care for the health of frail elderly persons, particularly those living alone. Those in need may call the SWD hotline at 2343 2255 for assistance.

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## CHP reminds public on precautions against cold weather

The Centre for Health Protection (CHP) of the Department of Health (DH) today (January 29) reminded the public, particularly the elderly and people with chronic illnesses, to adopt appropriate measures to protect their health in view of the cold weather.

A spokesman for the CHP said that cold weather can easily trigger or

exacerbate diseases, especially among the elderly and persons suffering from heart disease, respiratory illness or other chronic illnesses.

"Elderly people have less insulating fat beneath their skin to keep them warm and their body temperature control mechanism may be weaker. Their body may not be able to appropriately respond to the cold weather," the spokesman said.

Some senior persons may have decreased mobility, which can in turn slow down their ability to generate and conserve body heat. Chronic illnesses, such as hypertension, diabetes and endocrine disorders, may undermine the health of elderly people and lower their metabolic rate, subsequently causing their body to generate less heat.

The CHP reminded the public, in particular the elderly and persons with chronic illnesses, to adopt the following preventive measures:

- Take note of the weather forecast. Wear warm clothing, including hats, scarves, gloves and socks accordingly;
  - Consume sufficient food to ensure adequate calorie intake;
  - Perform regular exercise to facilitate blood circulation and heat production;
  - Stay in a warm environment and avoid prolonged outdoor exposure;
  - Use heaters with care, and maintain adequate indoor ventilation; and
  - Seek medical advice if feeling unwell.
- In addition, the public should avoid alcoholic beverages.

"Drinking alcohol cannot keep you warm. Alcohol accelerates the loss of body heat through dilated blood vessels, resulting in chilling instead," the spokesman said.

"Parents should ensure that babies are sufficiently warm, but it is also important to keep babies lightly clothed to avoid overheating them," the spokesman added.

Parents should observe the following safety measures when putting their children to bed:

- Keep the room well ventilated and at a comfortable temperature;
- Always place babies on their back to sleep. Leave their head, face and arms uncovered during sleep;
- Babies do not need pillows. Place babies on a firm and well-fitted mattress to sleep. Avoid soft objects, pillows and loose bedding;
- Let babies sleep in a cot placed in the parents' room and near their bed; and
- Maintain a smoke-free environment.

In addition, seasonal influenza vaccination is recommended for all persons

aged 6 months or above except those with known contraindications. Persons at higher risk of getting influenza and its complications, including the elderly and children, should receive seasonal influenza vaccination early. Please see details of the vaccination schemes on the [CHP's website](#).

A person who gets influenza and COVID-19 at the same time may be more seriously ill and would have a higher risk of death. Influenza vaccination may reduce the likelihood of hospitalisation and the length of stay. It is important to receive both seasonal influenza vaccination and COVID-19 vaccination as soon as possible, in particular for elderly persons residing in the community or residential care homes. The public should also maintain good personal and environmental hygiene against respiratory illnesses and note the following:

- Surgical masks can prevent transmission of respiratory viruses from ill persons. It is essential for persons who are symptomatic (even if having mild symptoms) to wear a surgical mask;
- 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;
- Avoid touching one's eyes, mouth and nose;
- Wash hands with liquid soap and water properly whenever possibly contaminated;
- When hands are not visibly soiled, clean them with 70 to 80 per cent alcohol-based handrub;
- Cover the mouth and nose with tissue paper when sneezing or coughing. Dispose of soiled tissue paper properly into a lidded rubbish bin, and wash hands thoroughly afterwards;
- Maintain good indoor ventilation;
- When having respiratory symptoms, wear a surgical mask, refrain from work or attending classes at school, avoid going to crowded places and seek medical advice promptly; and
- Maintain a balanced diet, exercise regularly, take adequate rest, do not smoke and avoid overstress.

Food-borne diseases, particularly those linked to hot pot cuisine, are also common in cold weather. The following preventive measures should be taken:

- Wash hands before handling and consuming food;
- Do not patronise unlicensed vendors or those with poor hygienic standards while selecting food;
- Wash and cook all food thoroughly;
- Vegetables should be washed thoroughly in clean running water before cooking and consumption. When appropriate, scrub vegetables with hard surfaces with a clean brush to remove dirt and substances, including pesticide residues and contaminants, from the surface and crevices;
- Shrimps should be fully cooked until the shells turn red and the flesh

turns white and opaque;

- For shellfish like scallops and geoduck, scrub the shells thoroughly and remove internal organs;
- Most hot pot ingredients should be stored in a refrigerator at 4 degrees Celsius or below, while frozen food should be stored in a freezer at -18 degrees C or below;
- Never use raw eggs as a dipping sauce for hot pot; and
- Use different sets of chopsticks to handle raw and cooked food to avoid cross-contamination.

In addition, the public should not use charcoal as a cooking fuel in poorly ventilated areas, especially indoors, to avoid harmful exposure to carbon monoxide (CO) and prevent CO poisoning. While using other kinds of fuel, the public should also ensure adequate ventilation.

For more health information, the public may call the DH's Health Education Infoline (2833 0111) or visit the [CHP's website](#) and [Facebook Fanpage](#).

The public may also call Dial-a-Weather (1878 200) or visit the [website of the Hong Kong Observatory](#) for the latest weather information and forecast, or its [page on Weather Information for Senior Citizens](#).

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## **Employers and employees should take precautions during cold weather**

Attention duty announcers, radio and TV stations:

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

The Labour Department reminds employers that as the Cold Weather Warning is in force, they should take appropriate precautions such as reminding employees who have to work outdoors or in remote areas to wear appropriately warm clothing, and make arrangements for employees to rotate from outdoor to indoor or sheltered work sites as far as possible. Employees should take note of the weather report, wear appropriately warm clothing and be mindful of their health conditions. They should notify their supervisors and seek medical help immediately if feeling unwell, such as having cold limbs and body shivering.