

## CHP investigates nine additional confirmed cases of COVID-19

The Centre for Health Protection (CHP) of the Department of Health (DH) announced that as of 0.00am, December 26, the CHP was investigating nine additional confirmed cases of coronavirus disease 2019 (COVID-19), taking the number of cases to 12 590 in Hong Kong so far (comprising 12 589 confirmed cases and one probable case).

The newly reported cases are imported cases. Six of the cases involved mutant strains while the mutation test results of the remaining three cases are pending. The patients comprise three males and six females, aged 19 to 57. Five of them arrived in Hong Kong from a Group A specified place (high-risk) with enhanced surveillance and four from Group A specified places (high-risk). Four patients tested positive during the "test-and-hold" arrangement upon arrival at the Temporary Specimen Collection Centre (TSCC) at Hong Kong International Airport (HKIA) and four tested positive during quarantine. Case 12595 is a close contact of an imported case confirmed previously (case 12558) and tested positive at the Penny's Bay Quarantine Centre.

Among the above-mentioned cases, case 12592 involves a 46-year-old male patient who is a local air crew member living at Tower 3, The Visionary, Tung Chung. He tested negative for COVID-19 on December 19 and 20. He departed Hong Kong on December 22 for the United States (US) and returned to Hong Kong on December 25 from the US by flight CX845. His specimen collected upon arrival in the Temporary Specimen Collection Centre at Hong Kong International Airport tested positive. He was asymptomatic and with a Ct value less than 30 and his specimen carried the N501Y mutant strain. He received three doses of COVID-19 vaccination (Comirnaty) in Hong Kong. As a prudent measure, the places where he resided and visited in Hong Kong during the incubation period have been included in a compulsory testing notice. Specified persons who were present at the relevant venues at specified periods need to undergo compulsory testing on the specified date.

A total of 97 cases have been reported in the past 14 days (December 12 to 25). One of them is an import-related case, while the rest are imported cases.

According to the testing and quarantine arrangements for local COVID-19 cases with mutant strains, the CHP reminded that persons who resided or worked within the same building as the residence of relevant cases will be subject to compulsory testing on specified dates in accordance with the announcement by the DH. They will also be required to undergo self-monitoring until the 21st day (see the details of the buildings and dates of testing at [www.coronavirus.gov.hk/pdf/CTN\\_Specified\\_premises\\_and\\_Dates\\_of\\_Testing.pdf](http://www.coronavirus.gov.hk/pdf/CTN_Specified_premises_and_Dates_of_Testing.pdf) ).

Specified persons in relation to the following specified premises are

also reminded to undergo compulsory testing in accordance with the CTN tomorrow (December 27):

- On Hei House, Siu Hei Court, 201 Wu Chui Road, Tuen Mun

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 "COVID-19 Thematic Website" ([www.coronavirus.gov.hk](http://www.coronavirus.gov.hk)).

The spokesman for the CHP stressed, "The global situation of COVID-19 infection remains severe and there is a continuous increase in the number of cases involving mutant strains that carry higher transmissibility, and there are also reports of breakthrough infections in some vaccinated individuals. The CHP strongly urges members of the public to avoid all non-essential travel outside Hong Kong, in particular to specified places with high risk under the Prevention and Control of Disease (Regulation of Cross-boundary Conveyances and Travellers) Regulation (Cap. 599H)."

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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 (December 26) 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.

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## Liquor Licensing Board to meet on Tuesday

The following is issued on behalf of the Liquor Licensing Board:

The Liquor Licensing Board (LLB) will meet on Tuesday (December 28) to consider an application for renewal, transfer and amendment of a liquor licence.

The application is:

New Territories:

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"Hap Lei Restaurant" in Tsuen Wan

The meeting will be held at 9.45am in the conference room, Room 102, 1/F, 258 Queen's Road East, Wan Chai. In response to the latest developments of COVID-19, to avoid the gathering of people in an enclosed environment and to safeguard the health of all participants, only limited public seats will be available on a first-come, first-served basis for all open hearings of the LLB in the interim.