

HA completes construction of Shek Kip Mei Estate Phase 6 (with photos)

The following is issued on behalf of the Hong Kong Housing Authority:

As part of its continuous effort to provide quality homes to low-income families with housing needs, the Hong Kong Housing Authority (HA) has recently completed the two residential blocks of the Shek Kip Mei Estate Phase 6 redevelopment in Sham Shui Po. The intake of residents commenced yesterday (December 6).

The two non-standard residential blocks are Mei Hei House and Mei Pak House, both 33 storeys high. They provide a total of 1 056 public rental housing units for about 3 700 residents. The various flat types include one/two-person, two/three-person, one-bedroom and two-bedroom units with the smallest flat size at about 14.05 square metres and the largest at about 35.8 sq m. The monthly rents range from \$1,200 to \$3,060.

"The design layout of the blocks maximises outside views while minimising overlooking towards other blocks," a spokesman for the HA said.

"To enhance tenants' accessibility and the connections of the estate facilities, a covered footbridge linking Phase 6 and Phase 2 of Shek Kip Mei Estate is provided," he said.

Numerous recreational facilities are provided in Phase 6 including a badminton court, a children's play area, an elderly fitness area and chess tables for residents' enjoyment.

Redevelopment of Shek Kip Mei Estate (Phase 1) was the first public rental housing estate project to adopt comprehensive universal design with an objective of providing a barrier-free living environment that allows ageing in place and integrating people with different abilities into a harmonious community. In the redevelopment of Phase 6, universal design features include doorways and passageways with a minimum width of 75 centimetres in general inside dwelling units, as well as thresholds that are lowered and bevelled to ensure easy access for those using wheelchairs or walking aids.

Non-slip floor tiles, space for future grab bar installations, and lever-type sink/shower mixers and door handles are provided for the sake of home safety and convenient use for both children and the elderly. Moreover, larger buttons and switches are installed at a height within easy reach by people of different ages.

Other facilities in common areas adopting universal design include easily operated self-closing doors and entrance gates, lifts with a voice synthesiser, door phones with Braille and letter boxes at a lower level for wheelchair users.

Shek Kip Mei Estate Phase 6 will provide 12 shops, one market shop and 11 market shop stalls at the ground and first floors with a total lettable area of about 1,900 sq m. The commercial premises will provide shops suitable for the operation of businesses such as a Chinese restaurant, a café and a bakery to meet residents' basic daily needs.

A temporary clinic under the Hospital Authority and a District Health Centre under the Food and Health Bureau are being planned for the second floor.



Key statistics on service demand of A&E Departments and occupancy rates in

public hospitals

The following is issued on behalf of the Hospital Authority:

During the winter surge, the Hospital Authority is closely monitoring the service demand of Accident and Emergency Departments and the occupancy rates in public hospitals. Key service statistics are being issued daily for public information. Details are in the appended table.

Red flags hoisted at Clear Water Bay Second Beach

Attention TV/radio announcers:

Please broadcast the following as soon as possible:

Here is an item of interest to swimmers.

The Leisure and Cultural Services Department announced today (December 7) that due to big waves, red flags have been hoisted at Clear Water Bay Second Beach in Sai Kung District. Beach-goers are advised not to swim at the beach.

CHP reminds public on precautions against cold weather

The Centre for Health Protection (CHP) of the Department of Health (DH) today (December 7) 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 reminds 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 with a comfortable temperature;
- Always place babies on their back to sleep. Babies usually sleep well without a pillow;
- Place babies on a firm and well-fitted mattress to sleep. Avoid soft objects and loose bedding;
- Leave their head, face and arms uncovered during sleep; and
- Let babies sleep in a cot placed in the parents' room and near their bed.

Members of the public are advised to take heed of the following advice to reduce the risk of getting influenza and respiratory tract infections:

- Maintain adequate rest, a balanced diet and regular physical activity, and avoid stress and do not smoke;
- Maintain good personal and environmental hygiene;
- Maintain good hand hygiene via proper handwashing or use of alcohol-

based handrub;

- Ensure good ventilation;
- Wear a face mask in the event of influenza-like symptoms, while taking care of patients and when visiting hospitals or clinics;
- Cover the nose and mouth while sneezing or coughing. Dispose of soiled tissue paper in a lidded rubbish bin and wash hands immediately afterwards;
- Seek medical advice when feeling unwell, and stay at home;
- Receive seasonal influenza vaccination, which is recommended for all persons aged 6 months or above except those with known contraindications; and
- Persons at higher risk of getting influenza and its complications, including the elderly and persons aged 50 to 64, should receive seasonal influenza vaccination early. Please see details of the Vaccination Subsidy Scheme on the CHP's [website](#).

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 by cooking them 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 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 Hotline (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](#).

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.