

Temporary closure of Tung Chung swimming pool

Attention TV/radio announcers:

Please broadcast the following as soon as possible and repeat it at regular intervals:

Here is an item of interest to swimmers.

The Leisure and Cultural Services Department announced today (December 6) that due to urgent maintenance works for the filtration plant, Tung Chung Swimming Pool in Islands District has been temporarily closed until further notice.

Murder and Wounding Case in Kowloon City

Police are investigating a murder and wounding case in Kowloon City yesterday afternoon (December 5) in which a 39-year-old non-ethnic Chinese (NEC) man died.

At about 5.29pm yesterday, Police received a report from a passer-by that a man was lying unconsciously on Ma Tau Chung Road. Sustaining chest and hand injuries, the 39-year-old NEC man was rushed to Kwong Wah Hospital in unconscious state and was certified dead at 6.21pm on the same day.

Initial investigations revealed that the 39-year-old NEC man passed by the above location and found that a NEC man was attacking a NEC woman with a knife. The 39-year-old NEC man tried to stop him, but was later attacked by the NEC man with a knife. The 23-year-old NEC woman sustained injuries to her head and abdomen and was sent to Kwong Wah Hospital in conscious state. The NEC man fled away afterwards.

Post-mortem examinations will be conducted later to ascertain the cause of death of the deceased.

Investigation by the District Crime Squad of Kowloon City District is underway.

CHP reminds public on precautions against cold weather

The Centre for Health Protection (CHP) of the Department of Health (DH) today (December 6) 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.

Tinned lettuce sample in breach of food labelling regulation

The Centre for Food Safety (CFS) of the Food and Environmental Hygiene Department announced today (December 5) that a sample of tinned lettuce was found to contain sulphur dioxide, but the functional class and name of such additive were not declared on the food label. Members of the public should not consume the affected batch of the product. The trade should also stop using or selling the affected batch of the product immediately if they possess it.

Product details are as follows:

Product name: Salted lettuce
Brand: Pigeon brand
Sole agent: Golden Long Food Trading Limited
Place of origin: Thailand
Net weight: 140 grams/5 ounces per tin
Best-before date: July 19, 2022

"The CFS collected the abovementioned sample from a supermarket in Tsing Yi for testing under its routine Food Surveillance Programme. The test result showed that the sample contained sulphur dioxide, however, the functional class and name of such additive were not declared on the food label of the sample," a CFS spokesman said.

"The CFS has informed the vendor concerned of the irregularity and instructed it to stop sale and remove from shelves the affected batch of the product. The sole agent concerned has initiated a recall according to CFS' instructions. Members of the public may call the sole agent's hotline at 2566 3007 during office hours for enquiries about the recall. The CFS is also tracing the source of the affected product," the spokesman added.

Sulphur dioxide is a commonly used preservative in a variety of foods including dried vegetables, dried fruits, pickled vegetables and salted fish products. This preservative is of low toxicity. As it is water soluble, most of it can be removed through washing and cooking. However, susceptible individuals who are allergic to this preservative may experience breathing difficulties, headache and nausea after consumption.

The spokesman reminded the food trade that the use of preservatives in food must comply with the Preservatives in Food Regulation (Cap 132BD). Furthermore, the Food and Drugs (Composition and Labelling) Regulations (Cap 132W) require that for all prepackaged food for sale in Hong Kong containing sulphite in a concentration of 10 parts per million or more, the functional class of the sulphite and its name shall be specified in the list of ingredients. Offenders are liable to a maximum fine of \$50,000 and six months' imprisonment upon conviction.

The CFS will alert the trade, continue to follow up on the incident and take appropriate action. Investigation is ongoing.