

# HKO and SCHSA remind public on precautions against temperature drop

The Hong Kong Observatory (HKO) and the Senior Citizen Home Safety Association (SCHSA) held a joint press conference today (December 1) to remind the public, particularly the elderly and persons with chronic medical conditions, to pay attention to weather and temperature changes, and take appropriate precautions, as well as to get prepared for the winter season.

Assistant Director of the HKO Mr Chan Pak-wai said at the press conference that the northeast monsoon led to a significant temperature drop this morning and it will be rather cool tomorrow morning. It will remain cool and dry with a large temperature difference between day and night in the latter part of this week. Temperatures over the New Territories will be significantly lower. The significant temperature drop and the temperature variation between day and night may cause a possible impact on health.

The Chief Executive Officer of the SCHSA, Ms Maura Wong, said, "With the epidemic and the upcoming temperature drop, we would like to remind the elderly to keep warm and stay safe. If they feel unwell, they should seek help or medical advice as soon as possible. While it is important to maintain social distancing during the epidemic, the elderly can stay positive through keeping up healthy social interaction by calling their friends and families regularly for chats or sending their regards. Family members can also help the elderly to set up daily routines to enrich their daily lives and to understand the daily habits of each other. Depending on their physical condition, the elderly can make use of videos from online platforms to learn to do stretching exercises at home. By keeping an eye on each other, we can get through the winter safely and happily."

The HKO has been collaborating with the SCHSA over the years in enhancing elderly care. The HKO regularly provides weather information to the SCHSA. When Hong Kong is expected to be affected by cold, dry or very hot weather, the SCHSA will send a special weather reminder to the elderly to take early precautions through the "Care-On-Call" service platform. Both parties will continue to strengthen collaboration through social media to promote the use of weather information for taking better care of the elderly.

The public can obtain the latest weather forecast and the nine-day weather forecast by using the HKO's Dial-a-Weather service at 1878 200, the HKO's mobile app "MyObservatory", or by visiting the HKO's website at the following links:

Weather forecast: [www.weather.gov.hk/en/wxinfo/currwx/flw.htm](http://www.weather.gov.hk/en/wxinfo/currwx/flw.htm)

Nine-day weather forecast: [www.weather.gov.hk/en/wxinfo/currwx/fnd.htm](http://www.weather.gov.hk/en/wxinfo/currwx/fnd.htm)

