

## [HKO and SCHSA remind public to get ready for winter \(with photo\)](#)

The Hong Kong Observatory (HKO) and the Senior Citizen Home Safety Association (SCHSA) held a joint press conference today (November 25) to remind the public to pay attention to the anticipated progressive temperature fall during the next couple of days and get prepared for winter.

The Acting Assistant Director of the HKO, Mr Cheng Yuen-chung, said at the press conference, "A cold front has formed over the northern part of southern China and is expected to move across the coast of Guangdong around midnight tonight. Under the continuous influence of the associated intense northeast monsoon and its replenishment, temperatures over Hong Kong will fall progressively with cool mornings and nights during the next couple of days. Temperatures on Thursday and Friday will fall to about 15 degrees in the urban areas, and a couple of degrees lower in the New Territories. The weather will be mainly fine and very dry with a rather large temperature difference between day and night. The public, especially the elderly, persons with chronic medical conditions, or those planning for outdoor activities, should pay attention to the changing weather and take appropriate precautions."

The Chief Executive Officer of the SCHSA, Ms Maura Wong, said, "The sudden drop in temperature may threaten the health of the elderly. During winter, the elderly may face an increased risk of falls due to reduced mobility, loss of muscle mass, and heavy clothing. Last winter, the SCHSA's 24/7 'Care-On-Call' Support Centre recorded an average monthly increase of over 10 per cent in requests for assistance related to falls compared to the previous year. In light of this, the SCHSA urges the elderly to take proactive measures by ensuring that they have adequate clothing and heating devices. It is also crucial to pay special attention to safety both at home and outdoors to avoid fall accidents. As the peak season for winter flu approaches, the SCHSA also encourages the elderly to get vaccinated as soon as possible to enhance their protection. If they feel unwell, they should seek medical advice or help through the 'Care-On-Call' service promptly. We should also take the initiative to show our care for the elderly, particularly elderly singletons and elderly doubletons, understand their current situations through home visits and phone calls, and provide timely assistance to safeguard their health and safety."

The public can obtain the latest weather forecast and the nine-day weather forecast via the HKO's Dial-a-Weather service at 1878 200, mobile app "MyObservatory", or through 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)

