

Soft ice-cream sample detected with coliform bacteria exceeding legal limit

The Centre for Food Safety (CFS) of the Food and Environmental Hygiene Department today (August 6) announced that a soft ice-cream sample was found to contain coliform bacteria exceeding the legal limit. Follow-up is in progress.

"Following up on a food complaint, the CFS collected the above-mentioned soft ice-cream sample from a restaurant in Quarry Bay for testing. The test result showed that the sample contained coliform bacteria of 180 per gram, exceeding the legal limit," a spokesman for the CFS said.

Under the Frozen Confections Regulation (Cap 132AC), each gram of frozen confection for sale should not contain more than 100 coliform bacteria. The maximum penalty for offenders is a fine of \$10,000 and three months' imprisonment upon conviction. The fact that the coliform bacteria exceeded the legal limit indicated that the hygienic conditions were unsatisfactory, but did not mean that consumption would lead to food poisoning.

"The CFS has informed the vendor concerned of the irregularity and instructed it to stop selling the affected product immediately. The CFS has also provided health education on food safety and hygiene to the person-in-charge and staff of the vendor concerned, and has requested them to carry out thorough cleaning and disinfection. Should there be sufficient evidence, prosecution will be initiated," the spokesman said.

The CFS will continue to follow up on the case and take appropriate action to safeguard food safety and public health. Investigation is ongoing.

Effective Exchange Rate Index

The effective exchange rate index for the Hong Kong dollar on Monday, August 6, 2018 is 104.2 (up 0.1 against last Saturday's index).

The effective exchange rate index for the Hong Kong dollar on Saturday, August 4, 2018 was 104.1 (down 0.5 against last Friday's index).

Update on cases of Legionnaires' disease

The Centre for Health Protection (CHP) of the Department of Health today (August 6) reported the latest number of cases of Legionnaires' disease (LD), and stressed the importance of using and maintaining properly designed man-made water systems, and that susceptible groups should strictly observe relevant precautions.

From July 29 to August 4, three community-acquired LD cases were reported. They are:

1. A male patient, aged 51 with underlying illnesses, who lives in Tower 2, The Metropolis Residence, 9 Metropolis Drive, Kowloon City;
2. A male patient, aged 53 with underlying illnesses, who lives in Toa Yuen House, Chuk Yuen (North) Estate, 8 Wing Chuk Street, Wong Tai Sin; and
3. A male patient, aged 58 with good past health, who lives in Man Wo Garden Mansion, 38 Yuet Wah Street, Kwun Tong.

"Epidemiological investigations are ongoing to identify potential sources of infection, high-risk exposure and clusters, if any," a spokesman for the CHP said.

As of August 4, 51 LD cases have been reported in 2018. In 2017 and 2016, there were 72 and 75 cases respectively.

"Men, people aged over 50, smokers, alcoholics and persons with weakened immunity are more susceptible to LD. Some situations may also increase the risk of infection, including poor maintenance of water systems leading to stagnant water; living in areas with old water systems, cooling towers or fountains; using electric water heaters, whirlpools and spas or hot water spring spas; and recent stays in hotels or vessels," the spokesman said.

Legionellae are found in various environmental settings and grow well in warm water (20 to 45 degrees Celsius). They can be found in aqueous environments such as water tanks, hot and cold water systems, cooling towers, whirlpools and spas, water fountains and home apparatus which support breathing. People may get infected when they breathe in contaminated droplets (aerosols) and mist generated by artificial water systems, or when handling garden soil, compost and potting mixes.

Immunocompromised persons should:

- Use sterile or boiled water for drinking, tooth brushing and mouth rinsing;
- Avoid using humidifiers, or other mist- or aerosol-generating devices. A shower may also generate small aerosols; and

- If using these devices, fill the water tank with only sterile or cooled freshly boiled water, and not tap water. Also, clean and maintain them regularly according to manufacturers' instructions. Never leave stagnant water. Empty the water tank, wipe all surfaces dry, and change the water daily.

The public should observe the health advice below:

- Observe personal hygiene;
- Do not smoke and avoid alcohol;
- Strainers in water taps and shower heads should be inspected, cleaned, descaled and disinfected regularly or at a frequency recommended by the manufacturer;
- If a fresh water plumbing system is properly maintained, it is not necessary to install domestic water filters. Use of water filters is not encouraged as clogging occurs easily, which can promote growth of micro-organisms. In case water filters are used, the pore size should be 0.2 micrometres (μm) and the filter needs to be changed periodically according to the manufacturer's recommendations;
- Drain and clean water tanks of buildings at least quarterly;
- Drain or purge for at least one minute the infrequently used water outlets (e.g. water taps, shower heads and hot water outlets) and stagnant points of the pipework weekly or before use;
- Seek and follow medical advice regarding the use and maintenance of home respiratory devices and use only sterile (not distilled or tap) water to clean and fill the reservoir. Clean and maintain them regularly according to the manufacturer's instructions. After cleaning/disinfection, rinse the device with sterile water, cooled freshly boiled water or water filtered with 0.2- μm filters. Never leave stagnant water. Empty the water tank, keep all surfaces dry, and change the water daily; and
- When handling garden soil, compost and potting mixes:
 1. Water gardens and compost gently using low pressure;
 2. Open composted potting mixes slowly and make sure the opening is directed away from the face;
 3. Wet the soil to reduce dust when potting plants; and
 4. Avoid working in poorly ventilated places such as enclosed greenhouses.

The public may visit the CHP's [LD page](#), the [Code of Practice for Prevention of LD](#) and the [Housekeeping Guidelines for Cold and Hot Water Systems for Building Management](#) of the Prevention of LD Committee, and the CHP's [risk-based strategy](#) for prevention and control of LD.

Temporary traffic arrangements for tram track renewal works in Western District from next Monday

The Transport Department (TD) today (August 6) reminded the public that to facilitate tram track renewal work at Connaught Road West, parts of the fast lane of Connaught Road West westbound near Wing Lok Street will be temporarily closed from about 10am next Monday (August 13) to 10am on August 27 (Monday).

Appropriate traffic signs and road markings will be erected on-site to guide motorists.

The TD anticipates that the traffic in the vicinity of the above road sections will be relatively busy. Motorists should exercise tolerance and patience in case of traffic congestion. Members of the public are advised to stay alert to the latest traffic news or the department's website (www.td.gov.hk).

Employers and employees should take precautions against heat stroke

As the Hong Kong Observatory has issued the Very Hot Weather Warning, the Labour Department (LD) reminds employers and employees to take appropriate precautions to prevent heat stroke when working in a hot or humid environment.

Heat stroke could occur if an employee works in a hot or humid environment for prolonged periods of time, as the body may fail to regulate its temperature by effective heat dissipation through sweating.

The early symptoms of heat stroke include feeling thirsty, fatigue, nausea and headache. Later, the victim may experience shortness of breath, rapid and weak pulse, dizziness, confusion or even loss of consciousness and convulsion.

For example, construction workers, cleaning workers, kitchen workers and porters are more prone to heat stroke when working for long hours in such an environment, especially if appropriate preventive measures have not been taken.

The LD reminds employers to arrange for a suitable assessment of the risk of heat stress in the work environment and take appropriate preventive measures. The LD has produced two leaflets entitled "Checklist for Heat Stress Assessment at Construction Sites" and "Checklist for Heat Stress Assessment at Outdoor Cleansing Workplaces" respectively. Employers engaged in construction or outdoor cleaning work are advised to refer to these checklists in assessing the risk of heat stress at their workplaces. As for heat stress assessment at a workplace in general, employers can refer to a booklet entitled "Risk Assessment for the Prevention of Heat Stroke at Work" produced by the LD.

The LD also reminds employers and employees to take the following precautions to prevent heat stroke:

Employers

- (1) Take heed of the weather report and adopt shift work arrangements for employees to reduce their exposure to the hot environment, or arrange appropriate rest breaks for them during very hot periods;
- (2) Avoid working under direct sunlight and set up temporary sunshade wherever possible;
- (3) Provide cool potable water for employees at all times during work. If necessary, provide drinks containing minerals for employees to replenish loss of electrolytes during profuse sweating;
- (4) Minimise physical demands by using tools or mechanical aids at work;
- (5) Increase air flow by enhancing ventilation or air-conditioning as appropriate;
- (6) Isolate heat-generating facilities at the workplace and use insulating materials to minimise heat dissipation to the other work areas; and
- (7) Provide relevant information and training for employees on heat stroke such as preventive measures and first aid treatment.

Employees

- (1) Wear clothing made of suitable materials (for example, cotton) that is loose-fitting and light-coloured to help heat dissipation, minimise heat absorption and allow sweat evaporation;
- (2) Wear a wide-brimmed hat when working outdoors;
- (3) Drink plenty of water or other appropriate beverages to replenish the fluids and electrolytes lost through sweating; and
- (4) Whenever there are any symptoms of heat stroke, inform supervisors and take appropriate actions immediately.

Some employees may have difficulty in adapting to a hot working environment owing to their own health conditions. Employers should take this into account and consider the recommendations of their doctors when assigning work to these employees.

In addition to the publications on risk assessment, the LD has produced a leaflet entitled "Prevention of Heat Stroke at Work in a Hot Environment" for the public. The publications can be obtained free of charge from the

offices of the Occupational Health Service of the LD, or downloaded from the department's webpage at www.labour.gov.hk/eng/public/content2_9.htm.

The LD organises occupational health talks in public places and at its own training venues regularly to raise employers' and employees' awareness of occupational health. Details of health talks on the prevention of heat stroke at work in a hot environment in August to September are as follows:

(A)

Dates: August 13 and 30 and September 13 and 24 (am)

August 8 and 22 and September 5, 20 and 27 (pm)

Time: Half-day

Venue: Occupational Safety and Health Training Centre of the Labour Department, 13/F, Kolour Tsuen Wan I, 68 Chung On Street, Tsuen Wan, New Territories

(B)

Dates: August 10 and 20

Time: Half-day, morning

Venue: Occupational Safety and Health Centre of the Labour Department, G/F, Kwun Tong Community Health Centre Building, 60 Hip Wo Street, Kwun Tong (MTR Kwun Tong Station Exit A1)

(C)

Date: August 13

Time: 3pm to 4.30pm

Venue: Lecture Hall, Hong Kong Space Museum, 10 Salisbury Road, Tsim Sha Tsui, Kowloon (MTR Tsim Sha Tsui Station Exit E)

(D)

Date: September 14

Time: 3pm to 4.30pm

Venue: Activity Room I, Hong Kong Central Library, 66 Causeway Road, Causeway Bay, Hong Kong (Opposite Victoria Park, MTR Tin Hau Station Exit B)

For enrolment or enquiries about these occupational health talks, please call 2852 4040 or 2361 8240 (for talks organised at the Occupational Safety and Health Centre). Moreover, the LD also provides an outreach health education service and occupational health nurses will, on invitation, disseminate occupational health information at workplaces at a convenient time. Please contact the nursing officer at 2852 4062 for details. All these health talks are free of charge.