

Engaging learners with page-turners

Students and teachers at Po Leung Kuk HK Taoist Association Yuen Yuen Primary School dressed up as their favourite literary characters to discover the joys of reading.

News.gov.hk interviewed the students and the school's principal to see how they are fostering a strong reading culture.

The story appears on news.gov.hk today (August 5) in text and video format.

SFH to lead 100-member delegation to Guangdong-HK-Macao Bay Area

The Secretary for Food and Health, Professor Sophia Chan, will lead a delegation to Guangzhou, Zhongshan and Shenzhen tomorrow (August 6) to enhance exchanges and co-operation in medical and healthcare field in the Guangdong-Hong Kong-Macao Bay Area (Bay Area) with a view to proactively tapping the opportunities in the region.

Jointly organised by the Food and Health Bureau and the Health and Family Planning Commission of Guangdong Province, the visit will focus on the "development of private hospitals and medical institutions in the Bay Area" and the "healthcare manpower training in the Bay Area". Apart from visiting local hospitals and medical institutions, the delegation will also attend a seminar in Guangzhou where they will exchange views with healthcare representatives in the Bay Area.

Professor Chan said, "The exchanges and co-operation in the medical and healthcare field are increasingly closer among the cities in the Bay Area. The Hong Kong Special Administrative Region Government fully supports private hospitals and private healthcare sectors in Hong Kong to develop in the Bay Area, and will assist in the sustainable healthcare manpower training in the Bay Area, in a bid to promoting healthcare development in the region.

"This delegation comprises about 100 members including representatives from private hospitals, private healthcare facilities, healthcare professional associations, medical training institutions and healthcare professionals. I believe that the visit will help delegates build up a communication platform in the Bay Area and lay a solid foundation for future development."

Officials accompanying Professor Chan during the visit include the

Director of Health, Dr Constance Chan, and the Chief Executive of the Hospital Authority, Dr Leung Pak-yin.

Professor Chan will return to Hong Kong on August 8. During her absence, the Under Secretary for Food and Health, Dr Chui Tak-yi, will be the Acting Secretary for Food and Health.

HAD opens temporary heat shelters

The Home Affairs Department has opened 18 temporary heat shelters today (August 5) as the Very Hot Weather Warning (VHWW) is in force.

The shelters will be closed at 10pm if the VHWW is cancelled before 4.30pm. Otherwise, the shelters will be open until 8am tomorrow.

For further information, please call the department's enquiries hotline on 2835 1473.

The 18 temporary heat shelters are located at:

Hong Kong Districts:

Central and Western –
Sai Ying Pun Community Complex Community Hall
3/F, Sai Ying Pun Community Complex,
2 High Street, Sai Ying Pun

Eastern/Wan Chai –
Causeway Bay Community Centre
7 Fook Yum Road, Causeway Bay

Southern –
Lei Tung Community Hall
Lei Tung Estate, Ap Lei Chau

Kowloon Districts:

Kowloon City –
Hung Hom Community Hall
1/F, Kowloon City Government Offices,
42 Bailey Street, Hung Hom

Kwun Tong –
Lam Tin (West) Estate Community Centre

71 Kai Tin Road, Lam Tin

Sham Shui Po –
Shek Kip Mei Community Hall
G/F, Block 42, Shek Kip Mei Estate, Sham Shui Po

Wong Tai Sin –
Tsz Wan Shan (South) Estate Community Centre
45 Wan Wah Street, Tsz Wan Shan

Yau Tsim Mong –
Henry G. Leong Yaumatei Community Centre
60 Public Square Street, Yau Ma Tei

New Territories Districts:

Islands –
Tung Chung Community Hall
G/F, Tung Chung Municipal Services Building,
39 Man Tung Road, Tung Chung

Kwai Tsing –
Kwai Shing Community Hall
Podium, Block 6, Kwai Shing West Estate, Kwai Chung

North –
Cheung Wah Community Hall
Cheung Wah Estate, Fanling

Sai Kung –
Hang Hau Community Hall
G/F, Sai Kung Tseung Kwan O Government Complex,
38 Pui Shing Road, Hang Hau, Tseung Kwan O

Sha Tin –
Lung Hang Estate Community Centre
Lung Hang Estate, Sha Tin

Tai Po –
Tai Po Community Centre
2 Heung Sze Wui Street, Tai Po

Tsuen Wan –
Lei Muk Shue Community Hall
G/F, Hong Shue House, Lei Muk Shue Estate, Tsuen Wan

Tuen Mun –
Butterfly Bay Community Centre
Butterfly Estate (near Tip Sum House), Tuen Mun

Yuen Long –
Long Ping Community Hall
Long Ping Estate, Yuen Long

Yuen Long –
Tin Yiu Community Centre
Tin Yiu Estate, Tin Shui Wai

Flag-raising ceremony cancelled

Owing to the thunderstorm warning, the flag-raising ceremony to be conducted at Golden Bauhinia Square, Wan Chai at 8am today (August 5) will be cancelled.

CHP reminds public on precautions against heat stroke during very hot weather

The Centre for Health Protection (CHP) of the Department of Health (DH) today (August 5) reminded members of the public, particularly those undertaking outdoor activities, to take heed of necessary measures against heat stroke and sunburn in very hot weather.

"The public should carry and drink plenty of water to prevent dehydration while engaging in outdoor activities," a spokesman for the CHP said.

"Those engaged in strenuous outdoor activities should avoid beverages containing caffeine, such as coffee and tea, as well as alcohol, as they speed up water loss through the urinary system," the spokesman explained.

"The obese, the sick, including those with heart disease or high blood pressure, the old and the young are more vulnerable to heat-related illnesses. They should pay special attention," the spokesman added.

The public should adopt the following precautions:

- Wear loose and light-coloured clothing to reduce heat absorption and facilitate sweat evaporation and heat dissipation;

- Avoid vigorous exercise and prolonged activities like hiking or trekking as heat, sweating and exhaustion place additional demands on the physique;
- Perform outdoor activities in the morning or late afternoon;
- For indoor activities, open all windows, use a fan or use air-conditioning to maintain good ventilation; and
- Reschedule work to cooler times of the day.

If working in a hot environment is inevitable, introduce shade in the workplace where practicable, and start work slowly and pick up the pace gradually. Get into a cool area for rest at regular intervals to allow the body to recuperate.

The public should also note the latest and the forecast Ultraviolet (UV) Index released by the Hong Kong Observatory (HKO). When the UV Index remains high (6 or above):

- Minimise direct exposure of the skin and the eyes to sunlight;
- Wear loose long-sleeved clothing made of close-woven fabrics;
- Wear a wide brim hat or use an umbrella;
- Seek a shaded area or put on UV-blocking sunglasses;
- Apply a broad-spectrum sunscreen lotion with a sun protection factor (SPF) of 15 or above. Apply liberally and reapply after swimming or sweating; and
- While using DEET-containing insect repellents for personal protection against mosquito-borne diseases, apply sunscreen first, then insect repellent.

If symptoms develop, such as dizziness, headache, nausea, shortness of breath or confusion, rest and seek help immediately, and seek medical advice as soon as possible.

The public may get more information from the DH's Health Education Hotline (2833 0111), [heat stroke](#) page and [UV radiation](#) page; the HKO's Dial-a-Weather (1878 200), latest [weather and forecast](#), [UV Index](#) and weather information for [hiking and mountaineering](#); and [press releases](#) of the Labour Department on precautions against heat stroke for outdoor workers and their employers when the Very Hot Weather Warning is in force.