

## Red flags hoisted at Silverstrand Beach and Clear Water Bay Second Beach

Attention TV/radio announcers:

Please broadcast the following as soon as possible:

Here is an item of interest to swimmers.

The Leisure and Cultural Services Department announced today (January 24) that due to big waves, red flags have been hoisted at Silverstrand Beach and Clear Water Bay Second Beach in Sai Kung District. Beachgoers are advised not to swim at these beaches.

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## CHP reminds public on precautions against cold weather

The Centre for Health Protection (CHP) of the Department of Health (DH) today (January 24) 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 impair 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. Persons with chronic illnesses such as chronic respiratory illnesses or heart disease are vulnerable to disease aggravation due to cold weather.

The CHP reminded 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 relatively 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 at a comfortable temperature;
- Always place babies on their back to sleep. Leave their head, face and arms uncovered during sleep;
- Babies do not need pillows. Place babies on a firm and well-fitted mattress to sleep. Avoid soft objects, pillows and loose bedding;
- Let babies sleep in a cot placed in the parents' room and near their bed; and
- Maintain a smoke-free environment.

In addition, seasonal influenza vaccination is recommended for all persons aged 6 months or above except those with known contraindications. Persons at higher risk of getting influenza and its complications, including the elderly and children, should receive seasonal influenza vaccination early. Please see details of the vaccination schemes on the [CHP's website](#).

A person who gets influenza and COVID-19 at the same time may be more seriously ill and would have a higher risk of death. Influenza vaccination may reduce the likelihood of hospitalisation and the length of stay. It is important for elderly persons, especially those residing in residential care homes, to receive both seasonal influenza vaccination and COVID-19 vaccination. They should also receive an additional booster against COVID-19 according to recommendations as soon as possible. The public should also maintain good personal and environmental hygiene against respiratory illnesses and note the following:

- Surgical masks can prevent transmission of respiratory viruses from ill persons. It is essential for persons who are symptomatic (even if having mild symptoms) to wear a surgical mask;

- Wear a surgical mask when taking public transport or staying in crowded places. It is important to wear a mask properly, including performing hand hygiene before wearing and after removing a mask;
- Avoid touching one's eyes, mouth and nose;
- Wash hands with liquid soap and water properly whenever possibly contaminated;
- When hands are not visibly soiled, clean them with 70 to 80 per cent alcohol-based handrub;
- Cover the mouth and nose with tissue paper when sneezing or coughing. Dispose of soiled tissue paper properly into a lidded rubbish bin, and wash hands thoroughly afterwards;
- Maintain good indoor ventilation;
- When having respiratory symptoms, wear a surgical mask, refrain from work or attending classes at school, avoid going to crowded places and seek medical advice promptly; and
- Maintain a balanced diet, exercise regularly, take adequate rest, do not smoke and avoid overstress.

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 until the shells turn red and the flesh turns white and opaque;
- For shellfish such as 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, when using fuel-burning appliances, especially in indoor areas, the public should ensure adequate ventilation to avoid harmful exposure to carbon monoxide (CO) and prevent CO poisoning.

For more health information, the public may call the DH's Health Education Infoline (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](#).

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## **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.

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## **Red fire danger warning**

Attention duty announcers, radio and TV stations:

The fire danger situation today (January 24) is red and fire risk is extreme. The countryside is extremely vulnerable to fire. If you are planning to spend the day in the countryside, please take pre-cooked food for a picnic and take all measures to prevent hill fires. The penalty for lighting fires illegally in the countryside is \$25,000 and a year's imprisonment.

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## **MiC Supply Chain Conference held in**

## Huizhou (with photos)

The Modular Integrated Construction (MiC) Supply Chain Conference, co-organised by the Development Bureau of the Hong Kong Special Administrative Region (HKSAR) Government, the Department of Housing and Urban-Rural Development of Guangdong Province and the People's Government of Huizhou Municipality, was held in Huizhou today (January 23), attracting some 300 participants from the construction sector in Guangdong, Hong Kong and Macao. Government representatives from 11 cities of the Guangdong-Hong Kong-Macao Greater Bay Area (GBA) also attended the conference.

The conference aimed to promote the adoption of MiC among the GBA cities, exchange views on issues such as strengthening the supply chain, as well as to enhance collaboration.

Officiating at the opening ceremony, the Secretary for Development, Ms Bernadette Linn, said that the HKSAR Government has been promoting the adoption of MiC through a series of strategic initiatives, so as to drive innovation in the construction industry and enhance performance. Among the initiatives, the Government takes the lead in piloting MiC in its projects, and provide subsidies through the Construction Innovation and Technology Fund and gross floor area concessions to promote a wider adoption of MiC in the construction industry. To date, a number of MiC pilot projects have been completed and more than 70 projects adopting MiC are being implemented smoothly in Hong Kong. There are also a number of projects being planned.

Ms Linn continued that the automated and intelligent productivity of the Guangdong Province provides support for the development of MiC in the GBA. The Government will further promote the adoption of MiC. Through exchanges and collaboration among the government departments in the GBA for strengthening mutual cooperation in the areas of implementation and regulations, a comprehensive ecosystem for the industry will be established and conducive strategies for the MiC supply chain will be formulated to meet the construction demands in the GBA, as well as to contribute to the high-quality national development.

Ms Linn said that in the process the HKSAR Government also hopes to leverage Hong Kong's advantage of enjoying strong support of the motherland and being closely connected to the world to develop the GBA into a national or even global MiC technology centre with Hong Kong's experience in the application of international construction standards and the strong support of the supply chain in the GBA. Joint efforts in the exploration of overseas markets will drive the innovative development of MiC in the GBA as a strategic industry.

Also officiating at the ceremony, the Deputy Director-General of the Department of Housing and Urban-Rural Development of Guangdong Province, Mr Yang Qinggan, put forward four advocacies, namely interaction, facilitation, talents and environment. In terms of interaction, a mechanism for regular communication will be established among government departments of Guangdong,

Hong Kong and Macao, as well as between the governments and enterprises of the three places. Regarding facilitation, Huizhou will serve as a testing ground to lift restrictions in respect of policy regimes, standards and regulations, quality inspections, transportation and logistics, so as to expedite the interface of the mechanisms and regulations in the GBA. On talents, it is expected that the governments and enterprises will collaborate to nurture MiC talent who are familiar with the regulations and standards of the three places. On environment, the governments of the three places will introduce incentive policies to expand the environment for MiC applications and leverage Hong Kong's role as a "super connector" to facilitate the expansion of MiC enterprises from the GBA to global markets, thereby enhancing their international competitiveness.

During her stay in Huizhou, Ms Linn visited two manufacturing bases of MiC modules, set up by a Mainland enterprise and a manufacturer of Hong Kong respectively, to learn about their operations and development. Both manufacturers have participated in MiC construction projects in Hong Kong.

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Ms Linn returned to Hong Kong this afternoon after the visit.



