

[Adding colour to concrete](#)

The Highways Department has transformed Hong Kong's highways and walkways into lush forests and imaginary sea worlds with thematic designs to add colour to people's lives.

News.gov.hk interviewed the department's landscape architects to learn more about their design concepts and the challenges they face in the beautification work.

The story appears on news.gov.hk today (May 20) in text and video format.

[Holiday clinic service on Buddha's Birthday](#)

The following is issued on behalf of the Hospital Authority:

The Hospital Authority (HA) spokesperson today (May 20) said that 12 general out-patient clinics (see table below) of the Authority will provide holiday service in the coming Tuesday (May 22) on the Buddha's Birthday holiday. Members of the public are reminded to make advance booking through the telephone system as usual for an appointment.

The spokesperson further remarked that the Accident and Emergency (A&E) Departments in public hospitals will also operate as usual during the holiday to serve patients with urgent medical needs. The established triage system will ensure priority treatment for critical and emergency patients according to their clinical conditions.

"The queuing time is expected to be longer for semi-urgent and non-urgent patients as there may be more patients attending A&E Departments during the holiday," the spokesperson said. The HA appeals to the public for understanding and co-operation while waiting for consultations. Non-urgent patients are advised to consider seeking consultation at general out-patient clinics, private doctors or the 24-hour clinics of private hospitals.

To help find the appropriate family medicine doctor and related clinic service of their choice, members of the public are welcome to call the HA Infoline (2882 4866) for information on holiday general out-patient clinic service, browse the Primary Care Directory of the Department of Health at www.pcdirectory.gov.hk, or download the "Primary Care Directory" mobile app.

District	Name of clinic	Telephone number for booking	General enquiries
Hong Kong Island	Shau Kei Wan Jockey Club General Out-patient Clinic	3157 0077	2560 0211
	Violet Peel General Out-patient Clinic	3157 0000	3553 3116
	Aberdeen Jockey Club General Out-patient Clinic	3543 5011	2555 0381
Kowloon	Kwun Tong Community Health Centre	3157 0687	2389 0331
	Our Lady of Maryknoll Hospital Family Medicine Clinic	3157 0118	2354 2267
	Robert Black General Out-patient Clinic (Holiday clinic service is now provided at Our Lady of Maryknoll Hospital Family Medicine Clinic due to renovation works currently under way)	3157 0113	2383 3311
	Yau Ma Tei Jockey Club General Out-patient Clinic	3157 0880	2272 2400
New Territories	Lady Trench General Out-patient Clinic	3157 0107	2614 4789
	Lek Yuen General Out-patient Clinic	3157 0972	2692 8730
	Shek Wu Hui Jockey Club General Out-patient Clinic	3157 0965	2670 0211
	Tai Po Jockey Club General Out-patient Clinic	3157 0906	2664 2039
	Tuen Mun Clinic	3543 0886	2452 9111
	Yuen Long Jockey Club Health Centre	3543 5007	2443 8511

Consultation hours:
9am to 1pm and 2pm to 5pm

[HAD opens temporary heat shelters](#)

The Home Affairs Department has opened 15 temporary heat shelters today (May 20) 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 enquiry hotline before midnight on 2835 1473.

The 15 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

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:

Kwai Tsing –

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

North –

Cheung Wah Community Hall
Cheung Wah Estate, Fanling

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

Very Hot Weather Warning issued

Attention TV/radio announcers:

Please broadcast the following as soon as possible:

The Hong Kong Observatory has issued the Very Hot Weather Warning.

To prevent heat stroke, avoid prolonged activities outdoors.

If engaged in outdoor work or activities, wear a wide-brimmed hat and light-coloured, loose-fitting clothes. Stay in shaded areas as much as possible.

Drink plenty of water, and avoid beverages containing caffeine or alcohol.

If you feel sick, consult a doctor right away.

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 (May 20) 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.