

# CHP reminds public on precautions against upcoming cold weather

The Centre for Health Protection (CHP) of the Department of Health (DH) today (November 25) reminded the public, particularly the elderly and people with chronic illnesses, to adopt appropriate measures to protect their health as the temperature in Hong Kong will drop significantly.

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.

â€œIn 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 near the parent's bed; and
- Maintain a smoke-free environment.

In addition, many respiratory pathogens including influenza and SARS-CoV-2 may have increasing activity and community transmission during winter. 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. It is important for elderly persons, especially those residing in residential care homes, to receive both a seasonal influenza vaccination and a 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;
- Do not eat any undercooked freshwater aquatic products. To ensure that the food is thoroughly cooked, the centre of the food should reach a temperature of at least 75 degrees Celsius so as to destroy pathogens;
- Most hot pot ingredients should be stored in a refrigerator at 4 degrees C 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.

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

â€œThe 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.

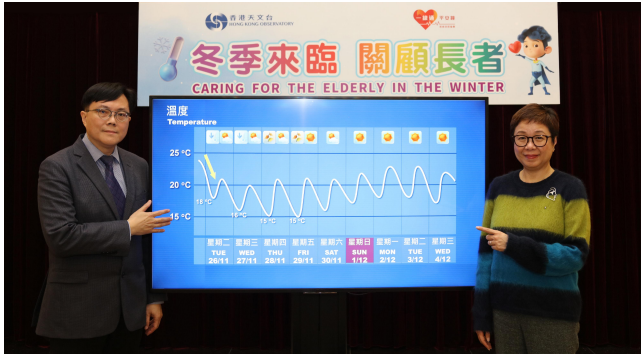
The Acting Assistant Director of the HKO, Mr Cheng Yuen-chung, said at the press conference, "A cold front has formed over the northern part of southern China and is expected to move across the coast of Guangdong around midnight tonight. Under the continuous influence of the associated intense northeast 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)



## [Housing Authority implements enhanced Marking Scheme for Estate Management Enforcement in Public Housing Estates](#)

The following is issued on behalf of the Hong Kong Housing Authority:

A spokesman for the Hong Kong Housing Authority (HA) said today (November 25) that enhanced measures of the Marking Scheme for Estate Management Enforcement in Public Housing Estates (Marking Scheme) endorsed earlier will take effect on December 1, 2024.

The HA's Subsidised Housing Committee endorsed on July 19, 2024, the implementation of measures to enhance the Marking Scheme by adding three new misdeed items and widening the scope of two misdeed items. For the revised list of misdeeds under the Marking Scheme, please see the Annex.

The following three new misdeed items will be added:

1. "Feeding feral pigeons or other wild animals" with seven penalty points;
2. "Hanging or placing objects with potential risk of falling from height outside the window, balcony or façade (including canopy, air-conditioner hood and other projections)" with seven penalty points and the application of a warning system. Misdeed item A2 "Hanging floor mop outside the window or balcony" will be deleted as it will be incorporated into the new misdeed item; and
3. "Resisting or obstructing the Housing Authority (HA) or person(s) authorised by HA in execution of duties in accordance with the Housing Ordinance or other statutory requirements, or policies imposed by HA" with 15 penalty points.

The scope of the following two misdeed items will be widened:

1. "Dripping oil from exhaust fan" be amended to "Dripping oil from exhaust fan, range hood duct, etc"; and
2. "Obstructing corridors or stairs with sundry items rendering cleansing

difficult" be amended to "Placing any sundry items, property, or objects in estate common areas (including but not limited to common areas inside or outside any buildings of the estate) that cause obstruction or render cleansing difficult".

With a view to rendering assistance to Owners' Corporations (OCs) of the Tenants Purchase Scheme (TPS) estates in daily management and meeting residents' aspiration for a decent living environment, all misdeed items under the Marking Scheme will be applicable to public rental housing (PRH) tenants in TPS estates.

The spokesman called on PRH residents to maintain domestic and estate environmental hygiene and avoid causing nuisance to other residents in estates. "The HA will step up publicity on the revised Marking Scheme and remind PRH households that they should be public-spirited and empathetic to their neighbours and build a better community together," he said.

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## **Missing woman in Kwun Tong located**

A woman who went missing in Kwun Tong has been located.

Tai Shun-ying, aged 85, went missing after she was last seen at MTR Kwun Tong station at noon on November 1. Her family then made a report to Police.

The woman was located in Aberdeen on November 2. She sustained no injuries and no suspicious circumstances were detected.

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## **Mainland Higher Education Expo 2025/26 to be held on November 30 and December 1**

The Mainland Higher Education Expo 2025/26 (Expo), jointly organised by the Ministry of Education and the Education Bureau (EDB), will be held at the Hong Kong Convention and Exhibition Centre in Wan Chai on November 30 and December 1. The Expo will provide students aspiring to pursue further studies on the Mainland and their parents with information on the arrangements of the Scheme for Admission of Hong Kong Students to Mainland Higher Education Institutions (Admission Scheme) for the academic year as well as on students' progression of study.

Participating in the Admission Scheme are 145 Mainland higher education institutions (listed in Annex) from 21 provinces/municipalities and one autonomous region of the Mainland, of which 139 will set up exhibition booths to provide information on aspects such as faculties and subjects, admission criteria and the number of student places. Representatives from the Ministry of Education will also explain the application procedures and admission arrangements of the Admission Scheme on-site.

A number of sharing sessions will be held during the Expo, covering topics including an introduction by representatives of Mainland institutions to the characteristics of individual programmes, discussions of study experiences by Hong Kong students who graduated from Mainland institutions, and analyses of career prospects provided by guest speakers. The Expo also features an online platform ([www.studymainland.hk](http://www.studymainland.hk)) where all participating Mainland higher education institutions will set up virtual exhibition booths.

In addition, the EDB has collaborated with the China Education Exchange (Hong Kong) Centre and Hok Yau Club to compile the Handbook on the Scheme for Admission of Hong Kong Students to Mainland Higher Education Institutions. The handbook provides comprehensive information on the Admission Scheme and further studies on the Mainland. It will be distributed free of charge at the Expo. The electronic version (Chinese version only) will also be available on the EDB's website ([www.edb.gov.hk/attachment/tc/edu-system/postsecondary/policy-doc/pilot-scheme/scheme\\_2025/Handbook2025\\_26.pdf](http://www.edb.gov.hk/attachment/tc/edu-system/postsecondary/policy-doc/pilot-scheme/scheme_2025/Handbook2025_26.pdf)).

The Ministry of Education has earlier announced detailed arrangements for the Admission Scheme for the 2025/26 academic year. The Mainland higher education institutions participating in the Admission Scheme admit Hong Kong students based on their Hong Kong Diploma of Secondary Education (HKDSE) Examination results, thereby exempting them from taking the Joint Entrance Examination for Mainland Institutions and providing them with multiple study pathways and opportunities to connect with the country's development. The Admission Scheme for the 2025/26 academic year will be open for applications between December 1 and 31, 2024. Students who will sit for the HKDSE Examination in 2025 and are interested in pursuing further studies on the Mainland can enrol through the website of the Education Examinations Authority of Guangdong Province ([eea.gd.gov.cn](http://eea.gd.gov.cn)).

Details of the Admission Scheme are available on the EDB's website ([www.edb.gov.hk/admissionscheme](http://www.edb.gov.hk/admissionscheme)).