

Temporary suspension of LCSD's Mobile Library 3, 4, 7 and 8 services

Mobile Libraries 3, 4, 7 and 8 will suspend services during designated periods in June for routine maintenance, a spokesman for the Leisure and Cultural Services Department announced today (May 27).

Mobile Library 8 will suspend services from June 3 to 15. The affected service points are Laguna City in Lam Tin, Po Tat Estate in Sau Mau Ping, Tai Hang Tung Estate on Tai Hang Tung Road, Laguna Verde in Hung Hom, Yau Lai Estate in Yau Tong, On Tai Estate on Anderson Road and Choi Fook Estate in Kowloon Bay. For enquiries about Mobile Library 8 services, please call 2926 3055.

Mobile Library 4 will suspend services from June 17 to 22. The affected service points are Yat Tung Estate in Tung Chung, Discovery Bay, Pui O, Shui Hau and Tong Fuk. For enquiries about Mobile Library 4 services, please call 2984 9417.

Mobile Library 7 will suspend services from June 17 to 22. The affected service points are Hoi Fu Court in Mong Kok West, Sceneway Garden in Lam Tin, Chuk Yuen (South) Estate and Fung Tak Estate in Wong Tai Sin and Kai Yip Estate in Kowloon Bay. For enquiries about Mobile Library 7 services, please call 2926 3056.

Mobile Library 3 will suspend services from June 24 to 29. The affected service points are Prime View Garden, Siu Hong Court and Leung King Estate in Tuen Mun; Kingswood Country Club in Tin Shui Wai; and Wang Chau, Long Shin Estate and San Tin in Yuen Long. For enquiries about Mobile Library 3 services, please call 2450 1857.

Readers are welcome to use other public libraries during the service suspension periods. They may also renew library materials by telephoning 2698 0002 or 2827 2833, or via www.hkpl.gov.hk.

DH launches Quit in June campaign in support of World No Tobacco Day (with photos)

The Department of Health (DH) announced today (May 27) that the Quit in June campaign will be launched in support of May 31 as World No Tobacco Day. The campaign encourages smokers to attempt to quit in order to reduce the

risk of tobacco-related diseases and deaths.

The World Health Organization marks May 31 as World No Tobacco Day annually to highlight the health risks associated with tobacco use and advocate effective tobacco control policies to reduce tobacco consumption. With a view to raising public awareness on the harmful influences of the tobacco industry on youth by targeting them with highly addictive and harmful tobacco products, the theme for this year's World No Tobacco Day is "Protecting children from tobacco industry interference".

A spokesman for the DH stressed, "It is beneficial for smokers of all ages to quit smoking as it brings immediate and long-term health benefits. Smokers who stay tobacco free for four weeks will be five times more likely to quit for good."

The DH has introduced Chinese medicine ear-point patches to help with quitting smoking, which is a new initiative under the Quit in June campaign this year. The application of cowherb seeds on the surface of the ear(s) to stimulate ear points will lessen the discomfort related to nicotine withdrawal, especially during the early stage of quitting. People who wish to quit smoking can receive Chinese medicine ear-point patches for free at more than 40 Chinese medicine clinics across the territory. They can also enrol in free Chinese medicine and acupuncture smoking cessation services anytime, or after they have tried the Chinese medicine ear-point patches for two weeks.

Furthermore, the DH continues to offer one-week smoking cessation drugs (as part of nicotine replacement therapy) trial packs at more than 250 community pharmacies, smoking cessation clinics, and District Health Centres/District Health Centre Expresses to help smokers to ease withdrawal symptoms and quit successfully.

People who wish to quit smoking can go to locations displaying the orange sticker of the Chinese medicine ear-point patches, or the green stickers of the one-week smoking cessation drugs trial pack. After a simple assessment, they can scan the QR code with the "Quit Smoking App" and obtain Chinese medicine ear-point patches or a one-week smoking cessation drug trial pack for free. If they decide to receive smoking cessation treatment after trying Chinese medicine ear-point patches or smoking cessation drugs, they can make an appointment for free smoking cessation services at smoking cessation clinics, District Health Centres or District Health Centre Expresses for follow-up. Smokers may also make use of the mail-to-quit service to receive cessation medications by post and follow-up by phone for free.

The spokesman said that the DH has started broadcasting "We are all in this together. Quit Now" television and radio announcements in the public interest, and displaying advertisements through public transportation networks to encourage smokers to quit. The DH will also offer reasons or tips to quit smoking every day via a social media platform to encourage smokers to quit smoking.

Members of the public can call 1833 183 or visit the smoking cessation

thematic website (www.livetobaccofree.hk) for more information on quitting and the available supporting tools and services. They can also download the "Quit Smoking App" to keep track of their progress in quitting and get tips on dealing with cravings to stay tobacco-free.



[Labour Department to hold courses and public talks on prevention of heat stroke at work and occupational health](#)

The Labour Department (LD) organises courses and public health talks on prevention of heat stroke and occupational health regularly to raise employers' and employees' awareness of occupational health.

Details of nine courses and health talks on the prevention of heat stroke at work in June are as follows:

(1)

Dates and Time: June 11, 18 and 27 (Half-day (am));

June 4, 14 and 21 (Half-day (pm))

Venue: Occupational Safety and Health Training Centre of the LD, 13/F, KOLOUR·Tsuen Wan I, 68 Chung On Street, Tsuen Wan, New Territories

Enrolment method: Download the application form

(www.labour.gov.hk/eng/osh/form.htm)

Enquiry hotline: 2940 7057

(2)

Dates and Time: June 4 and 24 (Half-day (am))

Venue: Occupational Safety and Health (OSH) Centre of the LD, G/F, Kwun Tong Community Health Centre Building, 60 Hip Wo Street, Kwun Tong, Kowloon

Enrolment method: Online registration of courses in OSH Centre

(www.oshsreg.gov.hk/en)

Enquiry hotline: 2361 8240

(3)

Date and Time: June 3 (3.30pm to 5pm)

Venue: Lecture Hall, Hong Kong Space Museum, 10 Salisbury Road, Tsim Sha

Tsui, Kowloon

Enrolment method: Online registration of public talks on occupational health (www.oshsreg.gov.hk/en)

Enquiry hotline: 2852 4040

In addition, the LD will hold the following occupational health public talks in June:

(1)

Topic: Prevention of Lower Limb Disorders and Guidance Notes on Standing at Work

Content: The talk will introduce symptoms of common lower limb disorders such as plantar fasciitis, varicose veins of lower limbs and osteoarthritis of the knee, as well as their treatment and preventive measures. Demonstrations and practice of workplace exercises will be included. Participants will also be briefed on the content of the LD's publication "Guidance Notes on Standing at Work and Service Counter Design".

Date and Time: June 11 (6.45pm to 8.15pm)

Venue: Lecture Theatre, Hong Kong Central Library, 66 Causeway Road, Causeway Bay, Hong Kong

Enrolment method: Online registration (www.oshsreg.gov.hk/en)

Enquiry hotline: 2852 4040

(2)

Topic: Occupational Safety and Health (OSH) for Confined Space Workers

Content: The talk will explain the related OSH hazards as well as their preventive measures to enhance workers' OSH awareness in confined spaces.

Date and Time: June 14 (3.30pm to 5pm)

Venue: Lecture Hall, Hong Kong Space Museum, 10 Salisbury Road, Tsim Sha Tsui, Kowloon

Enrolment method: Online registration (www.oshsreg.gov.hk/en)

Enquiry hotline: 2852 4040

(3)

Topic: First Aid in the Workplace

Content: The talk will cover basic knowledge of first aid and explain how to assist and handle employees injured from workplace accidents through case illustrations.

Date and Time: June 24 (3.30pm to 5pm)

Venue: Lecture Theatre, Hong Kong Central Library, 66 Causeway Road, Causeway Bay, Hong Kong

Enrolment method: Online registration (www.oshsreg.gov.hk/en)

Enquiry hotline: 2852 4040

All courses and public talks will be given by the LD's occupational hygienist, occupational safety officer or occupational health nurse in Cantonese. Admission is free.

The LD also provides a free-of-charge outreach health education service. For details, please visit the department's webpage (www.labour.gov.hk/eng/osh/content7.htm) or call 2852 4062.

Red flags hoisted at Big Wave Bay Beach and Hap Mun Bay 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 (May 27) that due to big waves, red flags have been hoisted at Big Wave Bay Beach in Southern District, Hong Kong Island, and Hap Mun Bay Beach in Sai Kung District. Beachgoers are advised not to swim at these beaches.

Public urged to report flooding

Attention duty announcers, radio and TV stations:

Please broadcast the following as soon as possible and repeat it at suitable intervals:

Members of the public are advised to report any street flooding that comes to their notice to the Drainage Services Department by calling the 24-hour drainage hotline on 2300 1110.