

STAMP

### Support Service Centre for Ethnic Minorities

MON	TUE	WED	THU	FRI	SAT	SUN
OFF			9am-9pm			

ADD: 3/F, Yuen Long District Community Services Building, 4 Tai Yuk Road, Yuen Long

TEL: 2479 9757 FAX: 2476 7765

EMAIL: [sscem@ylth.org.hk](mailto:sscem@ylth.org.hk)

WEBSITE: <http://www.sscem.org>



### Chomolongma Multicultural Community Centre

MON	TUE	WED	THU	FRI	SAT	SUN
OFF			9am-6pm			

ADD: Yung Yuen Road  
Wing Ning Tsuen  
Ping Shan, Yuen Long

FAX: 2617 1379

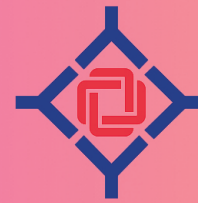
EMAIL: [sscem@ylth.org.hk](mailto:sscem@ylth.org.hk)

WEBSITE: <http://www.sscem.org>



\* Our centre will be closed during Tropical Cyclone Warning Signal No. 8, and limited service during RED or BLACK Rainstorm Warning Signal

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Yuen Long Town Hall  
Support Service Centre for Ethnic Minorities

युनलॉन्ग टाउन हल  
अल्पसंख्यक जातिहरूका लागि सहयोग तथा सेवा केन्द्र  
یون لوگ ٹاؤن ہال  
سپورٹ سروس سینٹر نسلی اقلیتوں کے لیے

Yuen Long Town Hall  
Pusat Layanan Dukungan Untuk  
Etnis Minoritas



Issue No. 53  
खबरपत्र नं : 53  
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Edisi No. 53  
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Sponsored by the Home Affairs Department



# About **SSCEM**

## Mission

To enhance the integration of the ethnic minorities into the mainstream society and to develop an equal opportunity community irrespective of racial origin.

## Vision

To build up the capacity of ethnic minorities to tackle their own issues and achieve sustainable community development.

## Objective

- A. To strengthen and build up the social and supportive networks of ethnic minorities.
- B. To assist and empower ethnic minorities in getting access to community resources and social services to meet their own needs.
- C. To assist and empower ethnic minority families in coping with various difficulties.
- D. To promote social integration for ethnic minorities and to foster better understandings among people of different racial origins as well as enhance their community participation.

# Theme Article

Nowadays, internet technology has brought us an easy life. The internet is not just a tool for information search, but it also provides a great deal of opportunities for us to work, transact, communicate, learn and play. We will do online shopping, settle payment through e-banking, registration for courses, sharing files and chatting with friends. Internet has become an indispensable need in our daily lives.

All these online activities might lead to exposure of our personal information and privacy. Those people who have bad intention will perform illegal activities and make you a victim. According to the latest information from Anti-Deception Coordination Centre, there are already 14 reported scams since January 2023. Be aware of the two recent deceptions below:

- (1) Beware of phishing SMS messages of “Approved Loan”: If you receive phishing SMS messages, claiming that the recipient’s loan application has been approved, attached with a telephone number for follow-up. This might be a fraud activity regarding money lending. You should stay alert to this message.
- (2) Beware of phishing SMS messages purportedly from Water Supplies Department: If you receive phishing SMS messages purporting to be from Water Supplies Department about overcharge of water charges, attached with an embedded link where they request personal information. You should stay alert and call the officials for identity verification when you receive these messages.



# Programme Highlights



JP Maths group (April 2023)  
(14, 21 & 28 April 2023)



Easter Aroma Stone  
(13 April 2023)



Talent Competition for Ethnic Minority Students  
(29 April 2023)



My cup noodles factory  
(18 March 2023)



Study Group (April 2023)  
(12, 19 & 26 April 2023)



Ours Yours  
(31 March 2023)



Decoupage Easter Eggs  
(14 April 2023)



Make up class  
(8, 14, 15, 21, 22, 28 March, 11 & 12 April 2023)



Kinball Class  
(7 May 2023)



City Hunt x Photo exhibition at Hang Seng University  
(29 April 2023)



Pastel Drawing Time  
(12 May 2023)



Buddy Group (15)  
(13, 20 & 27 April 2023)



# Programme Highlights



Mini Health Checkup and Health Talk  
(28 April 2023)



Vocal Class  
(14 May 2023 every Sunday)



Crochet Workshop  
(4 May 2023)



Thunders Footy I  
(28 April 2023)



Fitness for Youth  
(7 & 14 May 2023)



Health Advocate Training  
(2, 3, 9, 10, 16 & 17 May 2023)



Black Widows Footy I  
(30 March 2023)



P1 & P2 Parent Child Chinese Class  
(13 May 2023)



I Love U Mommy  
(10 May 2023)



Nepalese Traditional Food  
(21 May 2023)



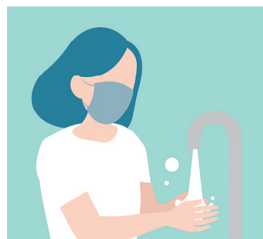
Fun Day Trip@Tsim Sha Tsui  
(15 April 2023)



Digital Marketing Workshop  
(5 May 2023)



## Seasonal influenza



### Causative agents

Seasonal influenza is an acute illness of the respiratory tract caused by influenza viruses. It is usually more common in periods from January to March/April and from July to August in Hong Kong. Three types of seasonal influenza viruses are recognised to cause human infection, namely A, B and C. Currently, there are two subtypes of seasonal influenza A viruses circulating in humans, namely influenza A (H1N1) pdm09 and influenza A (H3N2). In the spring of 2009, influenza A (H1N1) pdm09 virus emerged to cause illness in human and resulted in a pandemic in mid 2009. Influenza A (H1N1) pdm09 virus has now become one of the seasonal influenza strains worldwide.

### Clinical features

- For healthy individuals, seasonal influenza is usually self-limiting with recovery in 2-7 days. Symptoms may include fever, cough, sore throat, runny nose, muscle pain, fatigue and headache; some may also have vomiting and diarrhoea.
- Cough is often severe and prolonged but fever and other symptoms generally resolve in 5-7 days. However, influenza can be a serious illness to the weak and frail or elderly people, and may be complicated by bronchitis, chest infection or even death.

### Mode of transmission

Influenza viruses mainly spread through droplets when infected people cough, sneeze or talk. The infection may also spread by direct contact with the secretions of infected persons.

### Incubation period

Usually around 1-4 days.

### Infectious period

Infected persons may pass the viruses to other people 1 day before and up to 5-7 days after they develop symptoms. The period may be even longer in young children or severely immunocompromised persons.

### Management

- Have adequate rest and drink plenty of water.
- Refrain from work or attending class at school when having symptoms of influenza. Seek medical advice if symptoms persist or deteriorate.
- Antibiotics which target bacterial infection but not viral infection will not cure influenza or make recovery faster.
- Antiviral agents may reduce severity and duration of illness but must be used under doctor's prescription.

### Prevention

#### 1. Seasonal influenza vaccination

- The vaccine is safe and effective in preventing seasonal influenza and its complications.
- Influenza can cause serious illnesses in high-risk individuals and even healthy persons. Given that seasonal influenza vaccines are safe and effective, all persons aged 6 months or above except those with known contraindications are recommended to receive influenza vaccine for personal protection.
- Usually, it is suggested that vaccination should be received in autumn every year. About 2 weeks after vaccination, the body will develop a sufficient level of antibodies to protect against influenza virus infection.

#### 2. Maintain good personal hygiene

- Perform hand hygiene frequently, especially before and after touching the mouth, nose or eyes; after touching public installations such as handrails or door knobs; or when hands are contaminated by respiratory secretion after coughing or sneezing.
- Wash hands with liquid soap and water, and rub for at least 20 seconds. Then rinse with water and dry with either a clean cotton towel or a paper towel.
- If hand washing facilities are not available, or when hands are not visibly soiled, hand hygiene with 70 to 80% alcohol-based handrub is an effective alternative.
- Cover your mouth and nose with tissue paper when coughing or sneezing. Dispose of soiled

tissues into a lidded rubbish bin, then wash hands thoroughly.

- When having respiratory symptoms, wear a surgical mask, refrain from work or attending class at school, avoid going to crowded places and seek medical advice promptly.
- Build up good body immunity by having a balanced diet, regular exercise, adequate rest, reducing stress, do not smoke and avoid alcohol consumption.

#### 3. Maintain good environmental hygiene

- Regularly clean and disinfect frequently touched surfaces such as furniture, toys and commonly shared items with 1:99 diluted household bleach (mixing 1 part of 5.25% bleach with 99 parts of water), leave for 15-30 minutes, and then rinse with water and keep dry. For metallic surface, disinfect with 70% alcohol.
- Use absorbent disposable towels to wipe away obvious contaminants such as respiratory secretions, and then disinfect the surface and neighbouring areas with 1:49 diluted household bleach (mixing 1 part of 5.25% bleach with 49 parts of water), leave for 15-30 minutes and then rinse with water and keep dry. For metallic surface, disinfect with 70% alcohol.
- Maintain good indoor ventilation. Avoid going to crowded or poorly ventilated public places; high-risk individuals may consider putting on surgical masks while in such places.



# Programme Highlights

From June to August 2023

## Activities for Adults

**Programme Name:** Mini Health Check Up & Health Talk

**Date:** Last Friday of every month

**Content:** Health talk & mini health checkup (measure blood pressure, sugar level, cholesterol, body fat & weight etc.)

**Venue:** SSCEM (Room A302A)

**Quota:** 30 EM

**Programme Name:** Basic Microsoft Word

**Date:** 9, 16, 23 July, 6, 20, 27 August 2023 (Sun)

**Time:** 10:30am-12:00noon

**Content:** A hands-on workshop for you to learn about margin set up, orientation, layout, inserting shapes, picture and so on. This would be a foundation course for you to take another advanced course in the next batch.

**Venue:** SSCEM (Room A302A)

**Quota:** 15 EM adults

**Programme Name:** Basic Computer Principles

**Date:** 9, 16, 23 July, 6, 20, 27 August 2023 (Sun)

**Time:** 12:00noon-1:30pm

**Content:** You will learn how to distinguish between software and hardware, navigate around different folders, and find applications, save documents, learn USB types and basic operations of computer as a beginner.

**Venue:** SSCEM (Room A302A)

**Quota:** 15 EM adults



**Programme Name:** First Aid & CPR Class 2023C

**Date:** 25 July 2023 (Tue) & 26 July 2023 (Wed)

**Time:** 10:00am-1:00pm

**Content:** To complete the First Aid and CPR Certificate Course

**Venue:** SSCEM (Room A302A)

**Quota:** 8 EM adults

**Programme Name:** First Aid & CPR Class 2023D

**Date:** 25 July 2023 (Tue) & 26 July 2023 (Wed)

**Time:** 2:00pm-5:00pm

**Content:** To complete the First Aid and CPR Certificate Course

**Venue:** SSCEM (Room A302A)

**Quota:** 8 EM adults



## Activities for Families

**Programme Name:** Visit Sports Expo

**Date:** 23 Aug 2023 (Wed)

**Time:** 1:30pm-5:00pm

**Content:** Participants will experience 360° VR game, motion game, LED arena & touchscreen game at Sports Expo.

**Venue:** Sports Expo, Mong Kok

**Quota:** 30 participants  
(15 pairs of parent-child)



## Activities for Children / Youth

**Programme Name:**

**Kindergarten Learning Group**

**Date:** 26/7, 2/8, 9/8 & 16/8/2023 (Wed)

**Time:** 2:30pm-3:30pm

**Content:** Learn basic Chinese vocabularies, Maths counting games & artwork

**Venue:** SSCEM (Room A302A)

**Quota:** 8 to 10 EM children  
aged 4 to 5 years old

