



Chapter 7: Health Care in Hong Kong

The Hong Kong Hospital Authority

The Hong Kong Hospital Authority (HA) is responsible for managing all local public hospitals in Hong Kong. Staff of the HA can communicate in Chinese (mainly the Cantonese dialect) and / or English. If interpretation is needed for other languages, the HA will use reasonable endeavours to arrange for patients free interpretation services provided by third parties / consulates.

Information about the HA, including the contact details of public hospitals, can be found on its website at www.ha.org.hk. Information on Accident and Emergency Departments and General Out-patient Clinics is also available in eight other languages, namely Bahasa Indonesian, Hindi, Nepali, Punjabi (Indian), Punjabi (Pakistani), Tagalog, Thai, Urdu on the website.

Accident & Emergency services

The Accident & Emergency (A&E) services are provided at 18 public hospitals under the HA. They deliver a high standard of service for critically ill or injured persons who need urgent medical attention. They also provide medical support for victims of disasters. To ensure that patients with more serious conditions are accorded higher priority in medical treatment, the HA adopts a triage system which classifies patients attending the A&E Departments into five categories according to their clinical conditions: critical, emergency, urgent, semi-urgent or non-urgent. Patients who do not require emergency attendance should seek medical treatment in public or private clinics.

Hospital	Address	Telephone	Service Hours
Alice Ho Miu Ling Nethersole Hospital	11 Chuen On Road Tai Po, NT	2689-2000	24 hours
Caritas Medical Centre	111 Wing Hong Street Sham Shui Po, Kowloon	3408-7911	
Kwong Wah Hospital	25 Waterloo Road, Kowloon	2332-2311	

North District Hospital	9 Po Kin Road Sheung Shui, NT	2683-8888	24 hours
North Lantau Hospital	1/F, 8 Chung Yan Road Tung Chung, Lantau, N.T.	3467-7000	
Pamela Youde Nethersole Eastern Hospital	3 Lok Man Road Chai Wan, Hong Kong	2595-6111	
Pok Oi Hospital	Au Tau, Yuen Long, NT	2486-8000	
Prince of Wales Hospital	30-32 Ngan Shing Street Sha Tin, NT	3505-2211	
Princess Margaret Hospital	2-10 Princess Margaret Hospital Road Lai Chi Kwok, Kowloon	2990-1111	
Queen Elizabeth Hospital	30 Gascoigne Road Kowloon	3506-8888	
Queen Mary Hospital	102 Pokfulam Road Hong Kong	2255-3838	
Ruttonjee Hospital	266 Queen's Road East Wan Chai, Hong Kong	2291-2000	
St. John Hospital	Cheung Chau Hospital Road Tung Wan, Cheung Chau	2986-2100	
Tin Shui Wai Hospital	11 Tin Tan Street Tin Shui Wai, NT	3513-5000	
Tseung Kwan O Hospital	2 Po Ning Lane, Hang Hau Tseung Kwan O, NT	2208-0111	
Tuen Mun Hospital	23 Tsing Chung Koon Road Tuen Mun, NT	2468-5111	
United Christian Hospital	130 Hip Wo Street Kwun Tong, Kowloon	3949-4000	
Yan Chai Hospital	7-11 Yan Chai Street Tsuen Wan, NT	2417-8383	

General out-patient clinics

The HA provides community-based primary health care services through its general out-patient clinics (GOPCs). To book an appointment at GOPCs for patients with episodic illness, the patient can use the “Book GOPC” function in HA’s one-stop mobile application “HA Go” or GOPC Telephone Appointment Service by dialling the designated booking number of the individual clinics. Both the “Book GOPC” mobile application function and GOPC Telephone Appointment Service are provided to eligible persons who have registered or used services in the HA previously. If the patient’s medical condition(s) require follow-up appointment, this would be offered during medical consultation.

On arrival at a GOPC, the patient needs to register and pay a registration fee. The patient must bring his/her identity document.

HONG KONG ISLAND

Name	Address	Clinic Telephone	Booking Telephone
*Aberdeen Jockey Club General Out-patient Clinic	10 Aberdeen Reservoir Road Aberdeen	2555-0381 2555-0382	3543-5011
Anne Black General Out-patient Clinic	1/F, 140 Tsat Tse Mui Road North Point	2561-6161	3157-0055
Ap Lei Chau General Out-patient Clinic	161 Ap Lei Chau Main Street, Ap Lei Chau	2518-5610	3543-5022
Central District Health Centre General Out-patient Clinic	1 Kau U Fong Central	2545-1485	3543-5033
Chai Wan General Out-patient Clinic	G/F, 1 Hong Man Street Chai Wan	2556-0261	3157-0088
Kennedy Town Jockey Club General Out-patient Clinic	45 Victoria Road Kennedy Town	2817-3215	3543-5088
Sai Wan Ho General Out-patient Clinic	1/F, 28 Tai Hong Street Sai Wan Ho	3620-3314	3157-0066

#Sai Ying Pun Jockey Club General Out-patient Clinic	134 Queen's Road West Sai Ying Pun	2859-8203	3543-5000
*Shau Kei Wan Jockey Club General Out-patient Clinic	1/F, 8 Chai Wan Road Shau Kei Wan	2560-0211	3157-0077
^Stanley General Out-patient Clinic	G/F, 14 Wong Ma Kok Road Stanley	2813-6741	3157-0011
Tung Wah Eastern Hospital General Out-patient Department	G/F, Main Block Tung Wah Eastern Hospital 19 Eastern Hospital Road Causeway Bay	2162-6022 2162-6023	2162-6880
Tung Wah Hospital General Out-patient Clinic	G/F, Hawkins Wing Tung Wah Hospital 12 Po Yan Street Sheung Wan	2589-8518	3543-5958
*Violet Peel General Out-patient Clinic	LG, Tang Shiu Kin Hospital Community Ambulatory Care Centre 282 Queen's Road East Wan Chai	3553-3116	3157-0000
Wan Tsui General Out-patient Clinic	G/F, Block 12 Wan Tsui Estate, Chai Wan	2897-5527	3157-0099

KOWLOON

Name	Address	Clinic Telephone	Booking Telephone
Caritas Medical Centre Family Medicine Clinic	G/F, Wai Ming Block Caritas Medical Centre 111 Wing Hong Street Sham Shui Po	3408-7001	3157-0123
#Central Kowloon Health Centre	147A Argyle Street Kowloon	2762-1456	3157-0810
#Cheung Sha Wan Jockey Club General Out-patient Clinic	2 Kwong Lee Road Cheung Sha Wan	2387-8211	3157-0122

East Kowloon General Out-patient Clinic	160 Hammer Hill Road Diamond Hill	2320-4240	3157-0117
Hong Kong Buddhist Hospital General Out-patient Clinic	LG, Block A, Hong Kong Buddhist Hospital 10 Heng Lam Street Lok Fu	2339-6117	3157-0800
Hung Hom Clinic	22 Station Lane Hung Hom	2353-3811 2353-3812	3157-0816
Kowloon Bay Health Centre General Out-patient Clinic	1/F, 9 Kai Yan Street Kowloon Bay	2116-2812	3157-0678
#Kwong Wah Hospital General Out-patient Department	1/F, TWGHs Tsui Tsin Tong Outpatient Building Kwong Wah Hospital 25 Waterloo Road, Yau Ma Tei	3517-2981	3157-0125
*Kwun Tong Community Health Centre	UG, 60 Hip Wo Street Kwun Tong	2389-0331	3157-0687
Lam Tin Polyclinic General Out-patient Clinic	99 Kai Tin Road Lam Tin	2346-2853	3157-0679
Lee Kee Memorial Dispensary	99 Carpenter Road Kowloon City	2382-1096	3157-0868
Nam Cheong Family Medicine Clinic	G/F, Treasury Building 3 Tonkin Street West Cheung Sha Wan	3742-3876	3543-5795
Nam Shan General Out-patient Clinic	G/F, Nam Yiu House, Nam Shan Estate Sham Shui Po	2779-5688	3157-0120
Ngau Tau Kok Jockey Club General Out-patient Clinic	G/F, 60 Ting On Street Ngau Tau Kok	3518-7710	3157-0680
*Our Lady of Maryknoll Hospital Family Medicine Clinic	G/F, Out-patient Block Our Lady of Maryknoll Hospital, 118 Shatin Pass Road Wong Tai Sin	2354-2267	3157-0118

*Robert Black General Out-patient Clinic	600 Prince Edward Road East San Po Kong	2383-3311	3157-0113
Shek Kip Mei General Out-patient Clinic	201B, 2/F, Mei Hei House Shek Kip Mei Estate Sham Shui Po	2788-3023	3157-0119
Shun Lee General Out-patient Clinic	G/F, Lee Foo House Shun Lee Estate, Kwun Tong	2343-0247	3157-0682
Shun Tak Fraternal Association Leung Kau Kui Clinic	2/F, Tokwawan Market & Government Offices Building 165 Ma Tau Wai Road Kowloon City	2715-9538	3157-0850
Wang Tau Hom Jockey Club General Out-patient Clinic	200 Junction Road Wang Tau Hom	3143-7100	3157-0115
West Kowloon General Out-patient Clinic	G/F, Cheung Sha Wan Government Offices 303 Cheung Sha Wan Road Cheung Sha Wan Sham Shui Po	2150-7200	3157-0121
Wu York Yu General Out-patient Clinic	55 Sheung Fung Street Tsz Wan Shan	2325-5221	3157-0116
*Yau Ma Tei Jockey Club General Out-patient Clinic	1/F, 145 Battery Street Yau Ma Tei	2272-2400	3157-0880

NEW TERRITORIES WEST REGION

Name	Address	Clinic Telephone	Booking Telephone
Ha Kwai Chung General Out-patient Clinic	77 Lai Cho Road Kwai Chung	3651-5411	3157-0100
^~Kam Tin Clinic	200 Kam Tin Road Shek Kong	2488-1437	3543-5008

*Lady Trench General Out-patient Clinic	213 Sha Tsui Road Tsuen Wan	2614-4789	3157-0107
Madam Yung Fung Shee Health Centre	26 Sai Ching Street Yuen Long	2443-8400	3543-5009
Mrs. Wu York Yu General Out-patient Clinic	310 Wo Yi Hop Road Lei Muk Shue Kwai Chung	2401-0124	3157-0108
North Kwai Chung General Out-patient Clinic (Evening clinic service (6:00 pm – 10:00 pm) on every Wednesday and Thursday)	125 Tai Pak Tin Street Kwai Chung	2418-8501	3157-0101
South Kwai Chung Jockey Club General Out-patient Clinic	310 Kwai Shing Circuit Kwai Chung	2615-7333	3157-0102
#Tin Shui Wai Health Centre (Tin Shui Road)	3 Tin Shui Road Tin Shui Wai	2448-5511	3543-5006
Tin Shui Wai (Tin Yip Road) Community Health Centre	3 Tin Yip Road Tin Shui Wai (Opposite Hong Kong Wetland Park and Gianni Cove of Tin Kwai Road)	3124-2200	2469-9222
#Tsing Yi Cheung Hong General Out-patient Clinic	3/F, Tsing Yi Cheung Hong Estate Commercial Complex Cheung Hong Estate Tsing Yi	2719-8130	3157-0103
Tsing Yi Town General Out-patient Clinic	21 Tsing Luk Street Tsing Yi	2434-6205	3157-0105
*Tuen Mun Clinic	11 Tsing Yin Street San Hui, Tuen Mun	2452-9111	3543-0886

Tuen Mun Wu Hong Clinic	2 Wu Hong Street Tuen Mun	2458-3788	3543-0887
Yan Chai Hospital General Practice Clinic	3/F, Block C Yan Chai Hospital 7-11 Yan Chai Street Tsuen Wan	2417-8825	3157-0109
Yan Oi General Out-patient Clinic	G/F, 6 Tuen Lee Street Tuen Mun	2404-3700	3543-0888
*Yuen Long Jockey Club Health Centre	269 Castle Peak Road Yuen Long	2443-8511	3543-5007

NEW TERRITORIES EAST REGION AND OUTLYING ISLANDS

Name	Address	Clinic Telephone	Booking Telephone
Fanling Family Medicine Centre	1/F, Fanling Health Centre 2 Pik Fung Road, Fanling	2639-4601	3157-0937
*Lek Yuen General Out-patient Clinic	G/F, 9 Lek Yuen Street Sha Tin	2692-8730	3157-0972
#Ma On Shan Family Medicine Centre	G/F, 609 Sai Sha Road Ma On Shan, Sha Tin	2644-5521	3157-0982
Mona Fong General Out-patient Clinic	G/F, 23 Man Nin Street Sai Kung	2792-2601	3157-0652
Mui Wo General Out-patient Clinic	G/F & 1/F, Mui Wo Government Offices 2 Ngan Kwong Wan Road Mui Wo, Lantau Island	2984-2080	3165-1078
North Lamma General Out-patient Clinic	G/F, 100 Main Street Yung Shue Wan Lamma Island	2982-0213	3165-1038
#North Lantau Community Health Centre	3/F, North Lantau Hospital No. 8 Chung Yan Road Tung Chung, Lantau	3467-7374	3157-0106
~Peng Chau General Out-patient Clinic	G/F, 1A Shing Ka Road Peng Chau	2983-1110	3165-1058

^~Sha Tau Kok General Out-patient Clinic	G/F, 58 Sha Tau Kok Road (Shek Chung Au) Sha Tau Kok	2674-0231	3165-1070
Sha Tin (Tai Wai) General Out-patient Clinic	G/F, 2 Man Lai Road Sha Tin	2691-1618	3157-0992
*Shek Wu Hui Jockey Club General Out-patient Clinic	G/F, 108-130 Jockey Club Road, Shek Wu Hui Sheung Shui	2670-0211	3157-0965
^~Sok Kwu Wan General Out-patient Clinic	G/F, 1 Second Street Sok Kwu Wan Lamma Island	2982-8350	3165-1062
St. John Hospital General Out-patient Department	1/F, Out-patient Department Block St. John Hospital, Cheung Chau Hospital Road Tung Wan, Cheung Chau	2986-2100	3165-1090
^~Ta Kwu Ling General Out-patient Clinic	G/F, Ta Kwu Ling Rural Centre Government Building 136 Ping Che Road Ta Kwu Ling	2674-4283	3165-1072
Tai O Jockey Club General Out-patient Clinic	G/F, 103 Shek Tsai Po Street Tai O, Lantau Island	2985-7236	3165-1067
*Tai Po Jockey Club General Out-patient Clinic	G/F, 37 Ting Kok Road Tai Po	2664-2039	3157-0906
Tseung Kwan O Jockey Club General Out-patient Clinic	G/F, 99 Po Lam Road North Tseung Kwan O	2701-9922	3157-0662
*Tseung Kwan O (Po Ning Road) General Out-patient Clinic	G/F, 28 Po Ning Road Tseung Kwan O	2191-1083	3157-0660

Wong Siu Ching Family Medicine Centre	G/F, 1 Po Wu Lane Tai Po	2658-9182	3157-0926
Yuen Chau Kok General Out-patient Clinic	G/F, 29 Chap Wai Kon Street Sha Tin	2647-3383	3157-0995

The service hours for GOPCs (except those marked with (#), (*), (^), (~)) are:

Monday to Friday: 9:00 am - 1:00 pm

2:00 pm - 5:00 pm

Saturday: 9:00 am - 1:00 pm

The clinics marked with (#) also provide service in the evening (6:00 pm - 10:00 pm) from Monday to Friday.

The clinics marked with (*) also provide service in the evening (6:00 pm - 10:00 pm) from Monday to Friday, on Sunday (9:00 am - 1:00 pm) and public holidays.

The clinics marked with (^) provide sessional service and those marked with (~) provide service in different service hours. Please refer to the website of the HA at www.ha.org.hk for more details.

Under circumstances where special service arrangement is applied (e.g., relocation of clinic service due to renovation), the public will be informed through multiple channels. Please refer to the website of the HA at www.ha.org.hk for more details.

Treatment during long holidays

If you need to see a doctor during long holidays, call the MediLink hotline at **90000-222-322**. This service is available in Cantonese, Mandarin and English.

When you call, they will tell you:

- the names and telephone numbers of private doctors on duty in each district of Hong Kong.
- what general out-patient services are available to you during extended holiday periods.

During non-holiday periods, MediLink will provide information on general medical knowledge.

Registered Hong Kong doctors

The Hong Kong Medical Association maintains an online database hosting a comprehensive set of information for all registered Hong Kong doctors. Please visit the website at www.hkdoctors.org.

Tuberculosis and Chest Service

Tuberculosis and some other chest diseases are treated at the following out-patient clinics. The provision of service is free of charge.

*Cheung Chau Chest Clinic	G/F, St. John Hospital Cheung Chau Hospital Road Tung Wan, Cheung Chau	2986-2201
East Kowloon Chest Clinic	G/F, East Kowloon Polyclinic 160 Hammer Hill Road, Kowloon	2352-0077
Kowloon Chest Clinic	G/F, 147A Argyle Street, Kowloon	2711-2086
*Sai Kung Chest Clinic	G/F, Mona Fong Clinic 23 Man Nin Street, Sai Kung, NT	2792-2601
Sai Ying Pun Chest Clinic	2/F, Sai Ying Pun Jockey Club Polyclinic 134 Queen's Road West, Hong Kong	2859-8227
Shaukeiwan Chest Clinic	2/F, Shau Kei Wan Jockey Club Polyclinic 8 Chai Wan Road, Hong Kong	2560-4522
Shek Kip Mei Chest Clinic	1/F, Shek Kip Mei Health Centre 2 Berwick Street, Kowloon	2777-4535
*Sheung Shui Chest Clinic	1/F, Shek Wu Hui Jockey Club Clinic 108 Jockey Club Road Sheung Shui, NT	2670-0211 Ext. 20
South Kwai Chung Chest Clinic	G/F, 310 Kwai Shing Circuit Kwai Chung, NT	2419-1721
Tai Po Chest Clinic	1/F, Tai Po Jockey Club Clinic 37 Ting Kok Road, Tai Po, NT	2689-5600

*Tung Chung Chest Clinic	1/F, Tung Chung Health Centre 6 Fu Tung Street, Tung Chung Lantau Island	3575-8393
Wan Chai Chest Clinic	1/F, Wanchai Polyclinic 99 Kennedy Road, Wan Chai Hong Kong	2591-1195
Yan Oi Chest Clinic	2/F, Yan Oi Polyclinic 6 Tuen Lee Street, Tuen Mun, NT	2404-3740
Yaumatei Chest Clinic	2/F, Yaumatei Jockey Club Polyclinic 145 Battery Street, Kowloon	2388-5939
Yuen Chau Kok Chest Clinic	1/F, 29 Chap Wai Kon Street Sha Tin, NT	2647-6445
*Yuen Long Chest Clinic	G/F, Yuen Long Jockey Club Health Centre 269 Castle Peak Road Yuen Long, NT	2443-8540
Yung Fung Shee Chest Clinic	1/F, Yung Fung Shee Memorial Centre 79 Cha Kwo Ling Road, Kowloon	2727-8250

* The clinics marked with an asterisk are part-time chest clinics.

Clinics for sexually transmitted infections

The following social hygiene clinics (SHCs) provide treatment free of charge to eligible persons.

Different charge packages for eligible persons and non-eligible persons will apply according to specialist clinic charging fee.

Chai Wan SHC	West Wing LG5 Specialist Out-patient Block Pamela Youde Nethersole Eastern Hospital, 3 Lok Man Road Chai Wan, Hong Kong	2595-7500
Wan Chai Male SHC	6/F, Tang Chi Ngong Specialist Clinic 284 Queen's Road East Wan Chai, Hong Kong	3103-2400

Wan Chai Female SHC	7/F, Tang Chi Ngong Specialist Clinic 284 Queen's Road East Wan Chai, Hong Kong (Registration office is located at 6/F)	3103-2400
Yau Ma Tei Male SHC	4/F, Yau Ma Tei Jockey Club Polyclinic 145 Battery Street, Yau Ma Tei Kowloon	2359-4377
Yau Ma Tei Female SHC	3/F, Yau Ma Tei Jockey Club Polyclinic 145 Battery Street, Yau Ma Tei Kowloon	2388-6634
Yung Fung Shee SHC	4/F, Yung Fung Shee Memorial Centre 79 Cha Kwo Ling Road Kwun Tong, Kowloon	2727-8315
Tuen Mun SHC	5/F, Tuen Mun Eye Centre 4 Tuen Lee Street, Tuen Mun, NT	2459-2958
Fanling SHC	6/F, Fanling Health Centre 2 Pik Fung Road, Fanling, NT	2639-1437

Clinics for skin diseases

Referrals from doctors and prior appointment are needed. The following dermatological clinics and social hygiene clinics provide treatment to the public.

Different charge packages for eligible persons and non-eligible persons will apply according to specialist clinic charging fee.

Sai Ying Pun Dermatological Clinic	3/F, Sai Ying Pun Jockey Club Polyclinic 134 Queen's Road West Sai Ying Pun, Hong Kong	2859-8302
Yau Ma Tei Dermatological Clinic	9/F Yau Ma Tei Jockey Club Polyclinic 145 Battery Street, Yau Ma Tei Kowloon	2770-4639
Yung Fung Shee Dermatological Clinic	4/F, Yung Fung Shee Memorial Centre 79 Cha Kwo Ling Road Kwun Tong, Kowloon	2727-8319

Cheung Sha Wan Dermatological Clinic	3/F, West Kowloon Health Centre Cheung Sha Wan Government Offices 303 Cheung Sha Wan Road, Kowloon	2150-7373
Fanling SHC	6/F, Fanling Health Centre 2 Pik Fung Road, Fanling New Territories	2639-1437
Chai Wan SHC	West Wing LG5 Specialist Out-patient Block Pamela Youde Nethersole Eastern Hospital, 3 Lok Man Road Chai Wan, Hong Kong	2595-7500
Wan Chai Male SHC	6/F, Tang Chi Ngong Specialist Clinic 284 Queen's Road East Wan Chai, Hong Kong	3103-2400
Wan Chai Female SHC	7/F, Tang Chi Ngong Specialist Clinic 284 Queen's Road East Wan Chai, Hong Kong (Registration office is located at 6/F)	3103-2400
Tuen Mun SHC	5/F, Tuen Mun Eye Centre 4 Tuen Lee Street, Tuen Mun, NT	2459-2958

AIDS related services

AIDS prevention and care services include:

- confidential counselling services;
- free, anonymous, confidential HIV antibody testing;
- general information on AIDS;
- follow-up treatment, counselling and support;
- counselling for sexual partners / injecting drug use partners, and family members of infected individuals;
- arrangement for health talks;
- publications on AIDS.

A 24-hour hotline service (**2780-2211**) in Cantonese, Putonghua and English provides pre-recorded information on AIDS / sexually transmitted infections. Access to nurse-counsellors is also available from 9:00 am to 6:00 pm, Monday to Friday. Gay Men HIV Testing Hotline (**2117-1069**) is also maintained to receive direct calls from Men who have Sex with Men for counselling and HIV

testing appointment. Appointment for free, anonymous and confidential HIV antibody testing will be arranged through these hotlines.

Pre-recorded messages on AIDS in Tagalog, Vietnamese and Thai can be listened by phoning **2359-9112**.

Pre-recorded messages on harm reduction and AIDS in Cantonese, Putonghua and English can be listened by phoning **2112-9977**.

Family Health Service

The Family Health Service of the Department of Health (DH) provides a comprehensive range of health promotion and disease prevention services for children from birth to 5 years and women at or below 64 years of age through its network of Maternal and Child Health Centres (MCHCs) and Woman Health Centres (WHCs).

Their services are:

- (1) to provide immunization, health and developmental surveillance for children as well as parenting programme for parents and carers;
- (2) to provide antenatal and postnatal care for pregnant women;
- (3) to provide family planning and cervical screening service for women.
- (4) to provide a woman health programme at WHCs and some designated MCHCs.

Each centre has different operation time and service sessions. Please contact individual centre or visit our homepage www.fhs.gov.hk for more details.

Maternal and Child Health Centres

HONG KONG ISLAND

Anne Black MCHC	2/F, Anne Black Health Centre 140 Tsat Tsz Mui Road, North Point	2562-1824
Ap Lei Chau MCHC	2/F, Ap Lei Chau Clinic 161 Ap Lei Chau Main Street Ap Lei Chau	2518-5701
Chai Wan MCHC	Level 2, Government Office Block 6, New Jade Garden 233 Chai Wan Road, Chai Wan	2556-6757

Sai Wan Ho MCHC	2/F, Sai Wan Ho Health Centre 28 Tai Hong Street, Sai Wan Ho	3620-3544
Sai Ying Pun MCHC	4/F, Sai Ying Pun Jockey Club Polyclinic 134 Queen's Road West, Sai Ying Pun	2859-8280
Tang Chi Ngong MCHC	4/F, Tang Chi Ngong Specialist Clinic 284 Queen's Road East, Wan Chai	2573-7585

KOWLOON

East Kowloon MCHC	1/F, East Kowloon Polyclinic 160 Hammer Hill Road, Diamond Hill	2321-7822
Kowloon City MCHC	4/F, Kowloon City Health Centre Kowloon City Government Offices 42 Bailey Street, Hung Hom	3572-0766
Kwun Tong MCHC	LG Floor, Kwun Tong Community Health Centre Building 60 Hip Wo Street, Kwun Tong Kowloon	2750-4270
Lam Tin MCHC	1/F, Lam Tin Polyclinic 99 Kai Tin Road, Lam Tin	2346-2708
Robert Black MCHC	1/F, Robert Black Health Centre 600 Prince Edward Road East San Po Kong	2718-2597
West Kowloon MCHC	2/F, West Kowloon Health Centre Cheung Sha Wan Government Offices 303 Cheung Sha Wan Road Sham Shui Po	2150-7260
Yaumatei MCHC	1/F, 10 Yan Cheung Road Yau Ma Tei	2770-0044

NEW TERRITORIES EAST (INCLUDING ISLANDS)

Fanling MCHC	3/F & 5/F, Fanling Health Centre 2 Pik Fung Road, Fanling	2677-6484
Lek Yuen MCHC	2/F, Lek Yuen Health Centre 9 Lek Yuen Street, Sha Tin	2692-8741
Ma On Shan MCHC	1/F, Ma On Shan Health Centre 609 Sai Sha Road, Ma On Shan	2640-4724
Tseung Kwan O Po Ning Road MCHC	1/F, Tseung Kwan O Po Ning Road Health Centre 28 Po Ning Road, Tseung Kwan O	2191-1086
Tung Chung MCHC	G/F, Tung Chung Health Centre 6 Fu Tung Street, Tung Chung Lantau Island	3575-8370
Wong Siu Ching MCHC	1/F, Wong Siu Ching Clinic 1 Po Wu Lane, Tai Po	2652-3745
Cheung Chau MCHC	G/F, St. John Hospital Cheung Chau Hospital Road Cheung Chau	2981-7762
Mui Wo MCHC	1/F, Mui Wo Clinic 2 Ngan Kwong Wan Road Mui Wo, Lantau Island	2984-2193

NEW TERRITORIES WEST

Madam Yung Fung Shee MCHC	1/F, Madam Yung Fung Shee Health Centre, 26 Sai Ching Street Yuen Long	2443-8421
North Kwai Chung MCHC	1/F, North Kwai Chung Clinic 125 Tai Pak Tin Street, Kwai Chung	2418-8550
Tin Shui Wai MCHC	1/F, Tin Shui Wai Health Centre 3 Tin Shui Road, Tin Shui Wai	2448-5580
Tsuen Wan MCHC	9/F, Block C, Yan Chai Hospital 7-11 Yan Chai Street, Tsuen Wan	2615-5500
Tsing Yi MCHC	3/F, Cheung Hong Commercial Complex Phase I, Cheung Hong Estate, Tsing Yi	2497-0431

Tuen Mun Wu Hong MCHC	2/F, Tuen Mun Wu Hong Clinic 2 Wu Hong Street, Tuen Mun	2458-1694
Yan Oi MCHC	1/F, Yan Oi Polyclinic 6 Tuen Lee Street, Tuen Mun	2404-3720

Woman Health Centres

Chai Wan WHC	2/F, Chai Wan Health Centre 1 Hong Man Street, Chai Wan Hong Kong	2975-0236
Lam Tin WHC	6/F, Lam Tin Polyclinic 99 Kai Tin Road, Lam Tin, Kowloon	2727-5332
Tuen Mun WHC	Tuen Mun Woman Health Centre Yan Oi Polyclinic, 4 Tuen Lee Street Tuen Mun, NT	2451-6667

Treat Hong Kong as your home

You play a vital role in making Hong Kong a clean and pleasant place to live in! Just follow these measures:

Personal hygiene

- Maintain proper hand hygiene:
 - Wash your hands with liquid soap and water properly when visibly soiled or likely contaminated with body fluids. When hands are not visibly soiled, hand hygiene with 70-80% alcohol-based handrub is an effective alternative.
 - Always wash or clean your hands:
 - Before touching the eyes, nose or mouth; or after touching public installations such as handrails or door knobs;
 - Before eating or handling food;
 - After using the toilets;
 - After blowing nose, sneezing or coughing.
 - Don't share towels.
- Maintain cough manners:
 - Cover mouth and nose with tissue paper while sneezing or coughing.
 - Dispose of soiled tissue paper properly in a lidded rubbish bin.

- Wash hands thoroughly after sneezing or coughing.
- Put on a surgical mask while having respiratory symptoms.

- Don't share eating utensils - use serving spoons and chopsticks.
- Consult a doctor promptly if you are sick. Don't attend school or go to work.
- Increase your body immunity by maintaining balanced diet, doing regular exercise and taking adequate rest. Do not smoke and avoid alcohol consumption!

Environmental hygiene

- At public places:
 - Don't litter or spit.
 - Don't let your pet(s) foul the streets.

- At home:
 - Clean frequently touched surfaces at least daily with water and detergent or disinfectants (i.e. mixing 10 ml of household bleach containing 5.25% sodium hypochlorite with 990 ml of water for non-metallic and 70% alcohol for metallic surfaces). Leave for 15 - 30 minutes and then rinse with water if diluted bleach solution is used.
 - Wrap up rubbish properly before discarding it into garbage bins.
 - Change water in vases at least once a week. Avoid using saucers underneath flower pots. Ensure air-conditioner drip trays free of stagnant water to prevent mosquito breeding.
 - Ensure all drains and pipes function properly. Prevent the trap from drying by pouring about half a litre of water into each drain outlet regularly (about once a week) to maintain the water column in the pipe as water lock to prevent the spread of germs.
 - Keep windows open to maintain good indoor ventilation whenever possible.

Any person who commits an offence of littering, spitting, unauthorized display of bills or posters, or fouling of street by dog faeces will be liable to a fixed penalty.

For more information on health, please call the Department of Health's 24-hour health education hotline at **2833-0111**, or visit the Centre for Health Protection website at www.chp.gov.hk, and the Centre for Health Protection Facebook fanpage.

Disease prevention

In addition to Chinese and English, the Department of Health provides health information and useful links about communicable diseases, non-communicable diseases and healthy living, etc. in 6 languages (including Hindi, Nepali, Urdu, Thai, Bahasa Indonesia and Tagalog): www.chp.gov.hk

Important information related to Coronavirus Disease 2019 (COVID-19) and COVID-19 vaccination are available in 9 languages (including Hindi, Nepali, Urdu, Thai, Bahasa Indonesia, Tagalog, Sinhala, Bengali and Vietnamese):
www.coronavirus.gov.hk
www.covidvaccine.gov.hk

For more information on health, please call the Health Education Infoline of the Department of Health at **2833-0111**, or visit the Centre for Health Protection website at www.chp.gov.hk, and the Centre for Health Protection Facebook fanpage.