

# Reflection of the Visit to Health Education Exhibition and Resource Centre

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On 19<sup>th</sup> October 2011, we went to the Health Education Exhibition and Resources Centre in Tsim Sha Tsui. There is a huge variety of interactive games and exhibits which allow us to gain knowledge of health and hygiene through interaction with games and exhibits. Besides, there are instruments that can let us check our body status which can arise our attention to our own body health.

Through visit the health centre, we can gain lots of knowledge about different ways to maintain health through the educational facilities. Firstly, we have learnt that maintaining good hygiene conditions contribute a lot to the prevention of many communicable diseases. Therefore, it is necessary for us to keep our living environment as well as the public areas like the streets clean. For instance, we should pay more attention to the pest control so as to prevent the growth of pest such as mosquitoes and cockroach, avoiding the transmission of diseases. As a result, we must try our best to maintain a good hygiene in our daily life.



