

## Prevention of Bacterial Food Poisoning

In principle, the best way to avoid bacterial food poisoning is to ensure safe food production. Essential measures include:

### (a) Purchase of Food

- (i) Do not buy foods that are not properly protected (e.g. siu mei and lo mei that has been exposed to the open air during transportation, or cooked food that has not been covered properly).
- (ii) Do not purchase food from unlicensed sources, especially for cooked or cold food (because the place and ways in which they cook their foods are usually not hygienic).
- (iii) Do not buy any food which looks abnormal (e.g. swollen or dented canned foods).
- (iv) Food to be eaten raw, such as sashimi and rock oysters, should be obtained from a reliable and reputable source to ensure their quality.

### (b) Handling of Food

- (i) Food should be thoroughly cooked before being served to customers (both meat and marine products should be well-cooked).
- (ii) Cooked food should be prepared and stored separately from raw food (to avoid cross-contamination).
- (iii) Food handlers should thoroughly wash their hands after going to the toilet and before handling food (to prevent the soiled hands from contaminating the food). In any case, do not touch cooked food with bare hands.
- (iv) Anybody suffering from diarrhoea, vomiting, sore throat or inflamed wounds (unless properly bandaged with water-proof plastic tapes) should not handle or touch any food so as to prevent the food from being contaminated by food poisoning bacteria.

### (c) Storage of Food

- (i) Food should be served once it is prepared (that means food should be served either hot or cold. Food that is neither hot nor cold is conducive to the growth of bacteria).
- (ii) Leftovers should best be discarded. Otherwise, it should be properly stored in refrigerators (4°C or below) and thoroughly reheated to 75°C or above before being served to customers.
- (iii) Any food that is not to be served immediately should be stored at a temperature below 4°C or above 60°C. Do not store food at room temperature which is favourable to bacterial growth or production of toxins.

#### Source:

Food and Environment Hygiene Department – General Principles in Prevention of Bacterial Food Poisoning

[http://www.fehd.gov.hk/english/publications/code/allc\\_ap4.htm](http://www.fehd.gov.hk/english/publications/code/allc_ap4.htm)

## 預防細菌性食物中毒的方法

原則上，預防細菌性食物中毒的最佳方法，是確保食物在選購、處理及貯存的過程中都安全衛生。具體做法包括：

### (a) 選購食物

- (i) 不要購買沒有受到適當保護免受污染的食物(例如在運送時沒有遮蓋的燒味和滷味；沒有蓋好的熟食)。
- (ii) 不要從無牌的供應商選購食物，尤其是熟食或生冷食物(因為他們烹調食物的環境和方法大多不合衛生)。
- (iii) 不要購買外觀異常的食物(例如罐身膨脹或凹陷的罐頭食物)。
- (iv) 應向可靠和信譽良好的供應商購買供不經烹煮而食用的食物，例如刺身、生蠔，以確保品質。

### (b) 處理食物

- (i) 食物須徹底煮熟後才可端送給顧客食用(肉類和海產亦須徹底煮熟)。
- (ii) 已煮熟的食物須與未煮的食物分開處理和貯存(以免交叉污染)。
- (iii) 食物處理人員如廁後及處理食物前都要洗淨雙手(以免弄污的手污染食物)。在任何情況下，不得用手直接接觸煮熟的食物。
- (iv) 任何人士如有腹瀉、嘔吐、喉痛或傷口發炎(除非已用防水膠布妥為覆蓋)，不得處理及觸摸食物，以免食物沾上可引致食物中毒的細菌。

### (c) 貯存食物

- (i) 配製好的食物應即時端送給顧客食用(即是熱吃的食物應趁熱吃，冷盤則在食用前才可從雪櫃取出，不冷不熱的食物最易滋生細菌)。
- (ii) 剩餘的食物最好棄置，如要保留，應放進雪櫃(攝氏 4 度或以下)，並必須徹底翻熱(攝氏 75 度或以上)，才可端送給顧客食用。
- (iii) 食物如非即時端送給顧客食用，必須存放在攝氏 4 度以下或 60 度以上的溫度範圍。換言之，不要在室溫貯存食物，因為室溫有利細菌繁殖或產生毒素。

資料來源：

食物環境衛生署 – 食物衛生守則

[http://www.fehd.gov.hk/tc\\_chi/publications/code/allc\\_ap4.htm](http://www.fehd.gov.hk/tc_chi/publications/code/allc_ap4.htm)