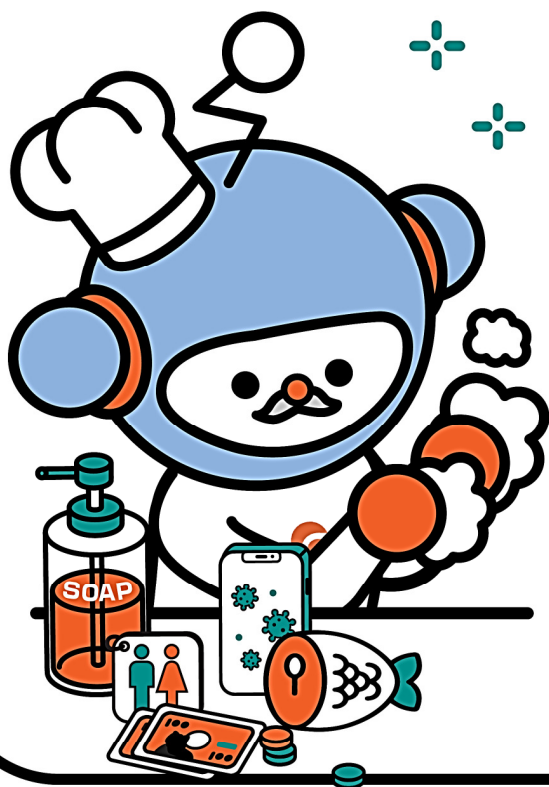


RULE
01

掂食物前要洗手 搓手20秒



要清潔雙手，
你必須用一隻手，
清潔另一隻手。

— 食物安全·男孩



為避免食物中毒，請在準備食物前用清水和肥皂洗手20秒。
如廁、觸摸身體部位和個人物品後亦要洗手。

To avoid food poisoning, wash hands for 20 second with
water and soap before preparing food. Also wash hands
after going to the toilet, and touching body parts and
personal belongings.

多手
注意

• CLEAN HANDS WELL TO EAT WELL •



洗手有效防止食物中毒
Handwashing can effectively
prevent food poisoning.

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