

不要生吃淡水魚肉 慎防致病菌與寄生蟲

進食淡水魚生(中式魚生)會危害健康。生的淡水魚包括鯪魚、大頭魚和山斑魚，可能帶有寄生蟲，例如可令肝臟的膽管梗阻、發炎和出現癌症的中華肝吸蟲。本港的腸道寄生蟲感染個案大部分是由中華肝吸蟲所致。

除了寄生蟲，進食生或未經煮熟的淡水魚也有機會感染食源性病菌。過往，新加坡曾經發生多宗與生吃淡水魚有關的乙型鏈球菌感染個案。乙型鏈球菌可感染身體各部分，包括血液、肺部、骨頭和關節。此外，乙型鏈球菌亦可藉由傷口造成感染，包括處理生的水產時遭割傷和有外露傷口等，都有可能受到感染，尤其是長者與免疫力弱人士(例如有長期病患者)。

為保障公眾健康，根據《食物業規例》(第132X章)，本港禁售淡水魚生(中式魚生)。消費者無論是在港或外遊，切勿進食生或未徹底煮熟的淡水魚，尤其是在吃火鍋或粥品時，須待魚熟透方可進食。

預防食源性疾病，市民亦應注意個人、食物與環境衛生：

- 經常保持雙手清潔
- 處理生的海產時先蓋好傷口，並盡量使用保護手套
- 生熟食物要分開擺放，並且用不同的刀具及砧板分開處理，避免交叉污染
- 徹底煮熟食物才進食

Do Not Eat Raw Freshwater Fish to Avoid Harmful Bacteria and Parasites

Consuming raw freshwater fish (Chinese *Yu Sang*) can be hazardous to health. Raw freshwater fish including grass carp, bighead carp or snakehead may carry parasites such as Chinese liver fluke, which can cause obstruction, inflammation and cancer of the biliary ducts in the liver. Chinese liver fluke contributes to the majority of local human cases of enteric parasites.

In addition to parasites, eating raw or undercooked freshwater fish can lead to foodborne infections. In the past, there were outbreaks of Group B streptococcus (GBS) infections in Singapore which were associated with raw freshwater fish consumption. GBS can cause infections in different parts of the body including the bloodstream, lungs, bones and joints. People, especially the elderly and people with weakened immunity (e.g. people with chronic diseases), may also contract GBS by exposure to seawater through an existing open wound or a puncture wound when handling raw aquatic products.

In order to protect public health, raw freshwater fish (Chinese *Yu Sang*) is a prohibited food under the Food Business Regulation (Cap 132X) in Hong Kong. Consumers are advised not to eat raw or undercooked freshwater fish while dining locally or travelling and eat freshwater fish only if it is adequately cooked, especially when having hot pot or congee.

To prevent foodborne diseases, the public should also pay attention to personal, food and environmental hygiene:

- Always keep your hands clean
- Cover all wounds when handling raw seafood, and wear protective gloves if possible
- Store raw and cooked foods separately, and use different knives and cutting boards to handle them separately to avoid cross-contamination
- Cook food thoroughly before eating

