

生吃海產風險高 洗淨煮熟先至好

Wash and Cook Seafood Thoroughly to Ensure Food Safety

海產 (例如蝦、蟹、魚、蠔、蜆、青口和蠔蚶等) 容易受存在於海水裏的細菌和病毒污染。進食生的海產，即使經鹽、醋或酒醃製，或伴以芥辣進食，亦容易令人感染霍亂、甲型肝炎等疾病。

保障你及家人的食物安全，請注意：

- * 處理海產時，要徹底洗淨及除去腸臟。
- * 海產須徹底煮熟，方可進食。
- * 生和熟的食物應分開貯存和處理，以防交叉污染。
- * 處理食物及進食前要用肥皂和清水洗手。

Seafood (such as shrimps, crabs, fish, oysters, clams, mussels and cockles) is easily contaminated by pathogens and viruses existing in seawater. Consuming raw seafood (even pickled by salt, vinegar or wine, or seasoned with wasabi) may increase the risk of contracting foodborne diseases like cholera and hepatitis A.

To ensure food safety, please pay attention to the following:

- * Wash seafood thoroughly and remove the viscera.
- * Cook seafood thoroughly before consumption.
- * Handle and store raw and cooked food separately to avoid cross-contamination.
- * Wash hands with soap and clean water before preparing and eating food.

