

人類豬型流感
(甲型流感/H1N1) 及
食物安全

Human Swine Influenza
(Influenza A/H1N1) and
Food Safety



食物安全中心
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人類豬型流感 (甲型流感/H1N1) 及 食物安全

人類豬型流感是由甲型流感 / H1N1病毒引起。最近國際間爆發的人類豬型流感，已出現人與人之間的傳播。

市民亦關注豬隻可能會感染這種病毒，並擔心豬肉和豬肉產品的安全。聯合國糧食及農業組織、世界衛生組織及世界動物衛生組織於2009年5月7日發表聯合聲明，重申他們對豬肉的安全性及人類豬型流感的立場：

- 沒有證據顯示，人類可經進食加工的豬肉和豬肉製品而感染流感病毒。
- 烹調肉類至中心溫度達到攝氏70度或以上能夠輕易滅活生肉產品中可能存在的病毒。
- 按照由世界衛生組織、食品法典委員會及世界動物衛生組織建議的良好衛生方法處理的豬肉和豬肉製品不會傳播流感病毒。

為確保食物安全，市民及業界應採納以下「食物安全五要點」的建議：

給市民的建議

購買及處理豬肉時：

精明選擇

- 向持牌的新鮮糧食店購買豬肉。
- 不要購買來源可疑的豬肉。

保持清潔

- 在市場選購豬肉時應避免直接接觸生的豬肉。
- 在處理生的豬肉時，要保持衛生。接觸生的豬肉後不要接觸自己面部及身體其他部分，之後，要立即用溫

水及梘液徹底洗淨雙手，並用熱水和清潔劑清洗乾淨曾與生的豬肉接觸過的工作面、器皿及設備。

生熟分開

- 非即時烹煮的生的豬肉應貯存於雪櫃內。生的食物包括生的豬肉應放入有蓋的容器，並放於熟食或即食食物之下。

煮熟食物

- 豬肉必須徹底煮熟才可食用，中心溫度至少達到攝氏75度。

安全溫度

- 用溫度計檢查雪櫃溫度，確保冷凍格的溫度保持在攝氏4度或以下，冷藏格的溫度在攝氏零下18度或以下。

外出進食時：

精明選擇

- 光顧可靠及衛生的店舖。

保持清潔

- 進食前及如廁後應用溫水及梘液徹底洗淨雙手。
- 保持雙手清潔。如雙手沒有明顯污垢，可用酒精搓手液消毒。
- 避免觸摸口鼻或眼睛。
- 打噴嚏或咳嗽時，應遮掩口鼻。不要隨地吐痰。

生熟分開

- 光顧供應自助餐的店舖時，觀察生的食物，包括生的豬肉是否和熟食及即食食物分開存放。

煮熟食物

- 如懷疑豬肉沒有徹底煮熟，應要求店舖的員工把食物加以煮熟。

安全溫度

- 如發現熱盤，包括豬肉的溫度不足，應要求店舖的員工翻熱食物。

給業界的建議

業界在購買及處理豬肉時，應與市民一樣，採取相同的措施。業界應提醒員工保持個人衛生。員工如有呼吸道感染徵狀或發燒，應立即放下工作，及早求醫。另外，應採取以下的額外措施，以確保食物安全及環境衛生。

生熟分開

- 所有食物、飲品和餐具，應適當貯存和掩蓋。

保持清潔

- 給顧客使用的餐具及毛巾，應徹底清洗方可再次供顧客使用，並向顧客提供額外的餐具作“公筷”或“公匙”使用。
- 廁所內應備視液、用後即棄的紙巾或乾手機。
- 處所內的牆壁、地面、用具、枱椅和設備，應加強清潔和消毒。
- 處所內的所有通風系統，包括出風口、隔塵網、鮮風入口處及通風管道等，應加強清潔、檢查及維修。
- 在營業時間內，經常保持處所內通風系統開動。

人類豬型流感的病徵

人類豬型流感的病徵包括發燒、疲倦、食慾不振和咳嗽，一般與人類季節性流感相似。部分患者可能會流鼻水、喉嚨痛、作嘔、嘔吐及腹瀉。

如有呼吸道感染徵狀如打噴嚏、咳嗽或發燒，應戴上口罩，並及早求醫。

人類豬型流感的傳播途徑

人類豬型流感在人與人之間的傳播途徑相信與季節性流感相同，主要是通過咳嗽或打噴嚏。人類亦會在接觸帶有流感病毒的物件後，再觸摸口鼻而受感染。

Human Swine Influenza (Influenza A/H1N1) and Food Safety

Human swine influenza is caused by the influenza A/H1N1 virus. In the recent international human swine flu outbreak, human-to-human transmission has occurred.

There are concerns about the possibility of this virus infecting pigs and the safety of pork and pork products. The Food and Agriculture Organization (FAO), World Health Organization (WHO) and World Organization for Animal Health (OIE) issued a joint statement on 7 May 2009 restating their position on the safety of pork and human swine influenza:

- Influenza viruses are not known to be transmissible to people through eating processed pork or other food products derived from pigs.
- Cooking meat to a core temperature of 70°C or above will readily inactivate any viruses potentially present in raw meat products.
- Pork and pork products, handled in accordance with good hygienic practices recommended by the WHO, Codex Alimentarius Commission and the OIE, will not be a source of infection.

To ensure food safety, both the public and the trade should adopt the “5 Keys to Food Safety” advice:

Advice to public

When buying and handling pork:

Choose

- Purchase pork from licensed “Fresh Provision Shop”.
- Don’t buy pork from questionable source.

Clean

- Avoid touching raw pork directly when buying pork in the market.
- Observe good hygienic practices when handling raw pork. Upon touching raw pork, don’t touch your face and other body parts. Thereafter, immediately wash hands thoroughly with warm soapy water. Thoroughly cleanse surfaces, utensils and equipment that have been in contact with raw pork using hot water and detergent.

Separate

- If raw pork is not used for immediate cooking, store it in a refrigerator. Raw food, including raw pork should be stored in containers with lid and put below cooked and ready-to-eat food.

Cook

- Pork should be cooked thoroughly before consumption with central part of the pork reaching at least 75°C.

Safe temperature

- Check the temperature of the refrigerator with a thermometer and ensure the fridge is kept at or below 4°C and freezer at or below -18°C.

When eating out:

Choose

- Patronise reliable and hygienic shops.

Clean

- Wash hands thoroughly with warm soapy water before eating and after going to toilets.
- Keep hands clean. Alcohol-based handrub is also effective when hands are not visibly soiled.
- Avoid touching mouth, nose and eyes.
- Cover nose and mouth when sneezing and coughing and do not spit.

Separate

- In some food premises like those providing buffets, check whether the raw food, including raw pork is separately placed from ready-to-eat or cooked dish.

Cook

- If you suspect that the pork is not thoroughly cooked, ask the staff of the food premises to cook it again.

Safe temperature

- If you find that hot dishes, including pork dish are not served hot, ask the staff of the food premises to reheat the food.

Advice to trade

The food trade is advised to adopt same measures as the public in buying and handling pork. They should remind staff to observe good personal hygiene. If staff develop respiratory symptoms or fever, they should cease work immediately and see a doctor right away. Moreover, they could adopt the following additional measures to ensure food safety and environmental hygiene.

Separate

- All food, beverage and tableware should be stored and covered properly.

Clean

- Tableware and towels provided to customers should be thoroughly washed before re-used. Provide customers with additional chopsticks or spoons for the common serving of food.
- Provide liquid soap, disposable towels or a hand-dryer in toilets.
- Step up cleansing and disinfection of the walls, floors, utensils, tables, chairs and equipment.
- Step up cleansing, inspection and maintenance for all ventilating systems in the premises, including air outlets, air filters, fresh air inlets and ventilating ducts.
- Keep the ventilating systems of the premises in operation during business hours.

Symptoms of human swine influenza

The symptoms of human swine influenza include fever, lethargy, loss of appetite and coughing, which are similar to those of human seasonal influenza. Some people infected with human swine flu may also have a runny nose, sore throat, nausea, vomiting and diarrhoea.

If you develop respiratory symptoms such as sneezing, coughing or fever, wear a mask and see a doctor right away.

Mode of transmission of human swine influenza

Human-to-human transmission of human swine influenza is thought to occur in the same way as seasonal influenza. It is spread mainly through coughing or sneezing. People may also become infected by touching objects soiled with influenza viruses and then touching their nose or mouth.