

# 河豚

## Puffer Fish



食用河豚非常危險！

Eating puffer fish can be hazardous!



河豚含劇毒河豚毒素，進食了受毒素污染的河豚，嚴重者可引致死亡。

Puffer fish contains a potent toxin called tetrodotoxin. Death may occur in severe cases after consuming puffer fish contaminated with the toxin.



烹煮、風乾和冷藏等方法都不能清除河豚毒素。

Tetrodotoxin cannot be destroyed by cooking, drying or freezing.



河豚毒素目前並無解毒劑。

There is no antidote to tetrodotoxin.



避免進食河豚是預防河豚毒素中毒的最佳方法。

Avoid eating puffer fish is the best way to prevent puffer fish poisoning.

# 為什麼要 避免食用河豚？

## Why Should We Avoid Consuming Puffer Fish?



避免進食河豚是預防河豚毒素中毒的最佳方法！

Avoiding eating puffer fish is the best way to prevent puffer fish poisoning!



### 含致命劇毒

## Contains a Potent and Deadly Toxin

河豚所含的河豚毒素毒性強烈，嚴重者可於進食後數小時內致命。現時並沒有河豚毒素的解毒劑。

Puffer fish contains tetrodotoxin, a potent toxin that can lead to death within a few hours of ingestion in severe cases. There is currently no antidote available.



### 河豚毒素難以徹底清除

## Tetrodotoxin is Hard to be Eliminated

不同品種的河豚，毒素在組織的分布情況亦不同。一般情況下，市民難以徹底清除所有毒素。

河豚毒素非常耐熱和耐酸，烹煮和風乾等食物配製過程都不能清除這種毒素。

The distribution of tetrodotoxin in the bodies of puffer fish varies among species. In general, it is difficult for the public to eliminate all the toxin.

Tetrodotoxin is both heat- and acid-stable. The toxin cannot be destroyed by food processing methods like cooking, drying or freezing.