

給旅遊人士的 食物安全建議

Food Safety Advice for Travellers

出門旅遊既可舒展身心，又可增廣見聞。但享受旅遊樂趣時，亦須注意食物安全。如果進食或飲用了受污染的食物或飲品，可染上經食物或水傳播的疾病，導致嘔吐、腹瀉等徵狀，甚至較嚴重的霍亂、甲型肝炎等。市民在外地旅遊時須保持警覺，並採取以下的預防措施。

Travelling can be both relaxing and rewarding. However, attention should be paid to food safety while enjoying the trip. Consumption of contaminated food or water can cause a variety of diseases that are transmitted via food or water, leading to symptoms such as vomiting, diarrhea, etc. or even more severe diseases such as cholera, hepatitis A, etc. The public should remain vigilant when travelling abroad and take the following precautionary measures.



在處理和進食食物前徹底洗淨
雙手

*Wash hands thoroughly
before handling and
consuming food*

保持清潔 Keep Clean

存在於環境內的有害微生物，可透過沾污了的雙手傳到食物上。

- 在處理和進食食物前徹底洗淨雙手。
- 以安全的水洗淨食物。

Harmful microorganisms are present in the environment and can be carried on hands and transferred to food.

- Wash hands thoroughly before handling and consuming food.
- Wash food with safe water.



選擇 安全的飲料 Choose Safe Beverages



水（包括冰）及未經煮熟的食物可能受有害微生物污染。

Water (including ice) and raw food can be contaminated with harmful microorganisms.

食水和飲料 Water and Beverages

- ❑ 食水須煮沸才可飲用，並盡量飲用以煮沸過的水沖調的飲料。
Drink only boiled water and beverages made with boiled water whenever possible.
- ❑ 如無法煮沸食水，可考慮使用其他淨化食水的方法。
If boiling is not possible, other methods to purify water may be considered.
- ❑ 如對冰塊的來源或衛生情況有所懷疑，應避免在飲品中加進冰塊。
Ice should be avoided in drinks if in doubt about its source or hygienic conditions.
- ❑ 瓶裝或包裝飲料一般都可安全飲用，開封前應把包裝抹淨和抹乾。
Beverages which are either bottled or otherwise packed are usually safe to drink. Wipe clean and dry the packaging before opening.



選擇 安全的食物 Choose Safe Food



損壞和發霉的食物可能產生毒素。

Toxins may be formed in damaged and mouldy food.

食物 Food

- 光顧衛生可靠的店鋪，切勿向環境衛生欠佳或未有妥善處理食物的街邊商販或其他食物銷售點購買食物。
Buy food from hygienic and reliable premises. Do not buy food from street vendors or other food outlets with poor environmental hygiene or seen with improper food handling.
- 確定食物經徹底煮熟，食用時仍然熱燙。
Make sure food has been thoroughly cooked and is still hot when served.
- 避免食用生或未經徹底煮熟的肉類、家禽、海鮮及蛋。
Avoid raw or undercooked meat, poultry, seafood, and eggs.
- 生吃的蔬果應去皮，並且避免食用外皮破損的蔬果。
Peel fruits and vegetables if they are to be eaten raw. Avoid those with damaged skin.
- 避免食用未經巴士德消毒的奶和及其製品（例如芝士）。
Avoid unpasteurised milk and dairy products made from unpasteurised milk (e.g. cheese).
- 購買食物時應留意食用限期。
Pay attention to expiry date when purchasing food.



把食物存放 於安全溫度

Keep Food at Safe Temperature

如食物長時間存放於室溫，食物內的病原體便可繁殖和產生毒素。

Food held at room temperature for long hours allows pathogens to grow and produce toxin.

熱食貯存
Hold hot food at
above **60°C** 以上



凍食貯存
Keep cold food
at or below **4°C** 或以下

- ❑ 避免食用已擺放於室溫數小時的熟食或即食的食物。
Avoid cooked food or ready-to-eat food that has been kept at room temperature for several hours.
- ❑ 如自助餐、街市、食肆和街邊商販的食物並非熱存於攝氏 60 度以上或冷藏於攝氏 4 度或以下，便應避免食用。
Avoid food at buffets, markets, restaurants and street vendors if they are not kept hot (above 60°C) or refrigerated (at or below 4°C).
- ❑ 容易腐壞的食物如非即時進食，應存放在攝氏 4 度或以下。
Keep perishable food at 4°C or below if they are not consumed immediately.
- ❑ 細閱並遵從食物標籤上的貯存指示。
Read and follow storage instructions on food labels.

