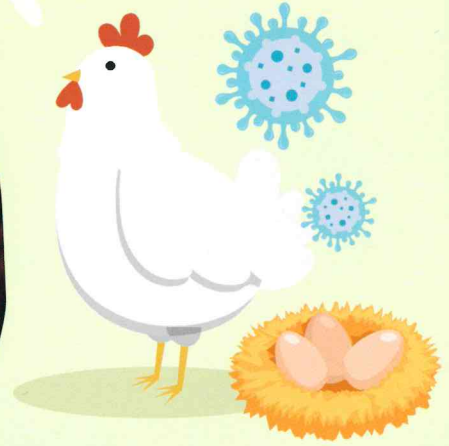


# Prevention of Avian Flu

 Food Safety Advice

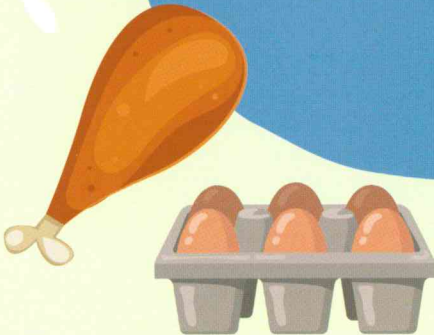




## Raw poultry meat and poultry egg may be contaminated by bacteria or viruses such as salmonellas or avian flu virus

The best way to keep from getting sick is to cook food thoroughly, which kills bacteria and viruses.

Currently, there is no evidence that properly cooked poultry or eggs can be a source of infection. Therefore, the risk of contracting avian flu could be reduced by thorough cooking of poultry meat and poultry eggs.



As a general precautionary measure, the public are advised to observe good personal, food and environmental hygiene at all times. The following safety tips are useful:

## Purchase

- Avoid touching chickens or their faeces when buying live chickens. Do not blow their vents



## Handling

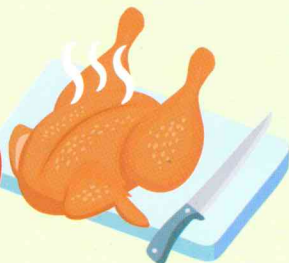
- Wash hands thoroughly with water and liquid soap before and after handling live poultry, poultry products or eggs
- Clean thoroughly all working surfaces, utensils and equipment that have been used for handling poultry products or eggs
- Use separate knives and chopping boards to handle raw food and ready-to-eat food
- Keep raw poultry meat in well covered container and then store it in the lower compartment of refrigerator. Keep ready-to-eat and cooked food in the upper compartment to avoid cross-contamination
- Do not use eggs with cracked shell



Raw



Cooked

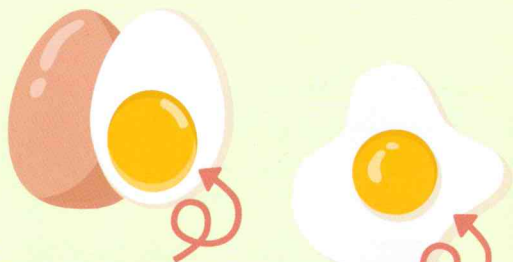


- When washing raw meat and poultry, the bacteria in splashes can contaminate nearby surfaces, utensils or food. If washing is necessary, thorough cleaning of the sink and its surrounding areas is very important to prevent cross-contamination

- As a general rule, shell eggs need not be washed. However, if eggs are soiled with faecal matter, they can be washed (with household detergent if required). Washed eggs should be used immediately

## Consumption

- Do not eat raw or undercooked eggs or egg products, such as self-prepared mayonnaise, dipping sauce for hot pot and tiramisu
- Cook eggs thoroughly until the white and the yolk become firm
- Should raw or undercooked eggs be required in food preparation, use pasteurised eggs or egg products
- Cook poultry thoroughly before consumption. The core temperature of poultry meat should reach at least 75°C
- If there are pinkish juices running from the cooked poultry or the middle parts of the bones are still red in color, cook the poultry again until full done



Egg white and yolk cooked till firm



Pasteurised eggs or egg products



75°C



The Centre for Food Safety has published "Eggs and Egg Products: Food Safety Guidelines for Food Businesses" to assist the trade in producing and selling wholesome and safe eggs and egg products. Such advice is applicable not only in food businesses but also in domestic settings to reduce risks of food poisoning. Please scan the QR code for details:

