

Practise Food Hygiene to Prevent **Hepatitis A**



食物環境衛生署
Food and Environmental
Hygiene Department

Prevention

Attention to environmental, food and personal hygiene can prevent hepatitis A, a foodborne disease.

(I) Environmental Hygiene

- Ensure proper disposal of faecal matter so as to avoid contamination of food and water.
- Food preparation areas must be kept clean.
- Food utensils should be thoroughly cleaned before they are used.

(II) Food Hygiene

When eating shellfish (including oysters, clams, mussels and scallops), we should observe the following hygiene guidelines:

- Purchase
- Buy only those shellfish which are fresh, with intact shell and free from abnormal odour.
 - Do not buy shellfish from illegal hawkers.

- Preparation
- Scrub and rinse the shellfish in clean water.
 - Immerse the shellfish in clean water for some time to allow self-depuration. Change the water regularly.
 - Remove the intestines of the shellfish.

- Cooking
- Ensure thorough cooking of the shellfish before consumption.
 - If possible, remove the shells before cooking as they impede heat penetration.
 - Don't eat oysters raw. Cook oysters with shells removed in boiling water for not less than three minutes.
 - When having hotpot, use separate chopsticks and utensils for handling raw and cooked food.

(III) Personal Hygiene

- Keep hands clean, wash hands thoroughly with soap and water before handling food, before meals and after visiting toilet.

Enquiry

For further enquiries and information, please call Communication Resource Unit of Food and Environmental Hygiene Department at 2381 6096 or 24-hour hotline 2868 0000.