



# SURVIVAL LIST

食物環境衛生署

FOOD AND ENVIRONMENTAL HYGIENE DEPARTMENT

### Choose Safe Food

- Avoid raw/unpasteurized milk or milk products;
- Pregnant women and people with weakened immune system should avoid high risk food such as soft cheese.
- Don't patronize cooked food, frozen confections and drinks from illegal hawkers.



### Food Preparation

- Wash raw vegetable, fruit thoroughly before eating.
- Cook thoroughly raw food from animal sources, e.g. poultry, beef and pork.
- Re-heat ready-to-eat foods and leftover foods thoroughly.
- Separate raw foods from cooked foods. Cooked foods should be covered properly to avoid contamination by bacteria.
- Use separate equipment to handle raw and cooked food. Wash hands thoroughly after handling raw food.
- Wash hands thoroughly after visiting toilet, before and after food preparation.



### Food Storage

- Keep the refrigerator clean and in good working order.
- Read and follow the instructions, storage conditions as well as the indication of "use by" or "best before" date from food labels. Avoid foods which have been expired



**BESIDES**

avoid direct contact with animal carcasses due to miscarriage as they may be infected with Listeriosis.