



給食物送遞商就預防 2019 冠狀病毒病的 注意事項

Precautions for Food Delivery Agents on the Prevention of COVID-19

在 COVID-19 的疫情下，留在家中的市民可能選擇網上或電話訂購食品和採用外送服務。有見及此，食物安全中心特別提醒食物送遞商應保持高水平的清潔及衛生標準，減少傳播 COVID-19 的機會。

另外，外送餐點通常是即食食物，在進食前不會翻熱。如果送遞的時間與溫度控制不當，食物中可能存在的微生物可以迅速大量滋長，使人生病。食物送遞商應與持牌食物業處所共同合作，務求外送食物符合時間與溫度控制的相關要求。

In the time of COVID-19 outbreak, Hong Kong people staying at home may opt for online or mobile food-ordering and choose delivery services. In this regard, the Centre for Food Safety (CFS) urges food delivery agents to maintain high standards of hygiene and cleanliness during operation, to minimise the chance of transmitting COVID-19.

On the other hand, delivered meals are usually ready-to-eat food that will not be reheated before consumption. Microorganisms that may be present in foods can grow rapidly to a large number and make people sick if there is improper time temperature control during delivery. Both delivery agents and licensed food premises are advised to work together to meet the relevant time temperature control requirements for delivered foods.

食物安全中心建議採取以下措施：

- 送餐員工作期間，如有需要，應戴上口罩。保持良好的個人衛生習慣，經常保持雙手清潔。洗手時應以視液和清水清潔雙手，搓手最少 20 秒。
- 為送餐人員提供含 70% 至 80% 的酒精搓手液潔淨雙手，以方便員工在沒有洗手設施，或雙手沒有明顯污垢時，可以保持雙手清潔。
- 外送食物方面，保持熱食於攝氏 60 度以上，冷食於攝氏 4 度或以下，以保障外送食物安全。如把容易腐壞的食物置於危險溫度範圍，則須遵從 2 小時及 4 小時原則：
 - 烹製好的食物如置於室溫超過 4 小時，便須棄掉；
 - 烹製好的食物如置於室溫不超過 2 小時，可放入雪櫃待用或在總時限 4 小時內食用。
- 注意食物置於危險溫度範圍的時間是累計的，即是要把食物(包括個別材料)每次置於環境溫度的時段加起來，包括處理、存放、運送等時間，以計算出總時間。
- 縮短外送食物置於沒有溫度控制下的時間，並在適當時提醒顧客盡快食用。
- 備存紀錄，並遵行時間與溫度的要求。

此外，食安中心亦發布了《給食肆就預防 2019 冠狀病毒病的食物安全與衛生建議》，當中有關環境、個人和食品衛生的建議同樣適用於食物送遞商。

有關 2019 冠狀病毒病的最新資訊，可瀏覽 www.coronavirus.gov.hk。

The Centre for Food Safety recommends the followings:

- Food delivery staff should wear a face mask as appropriate when working. They should practise good personal hygiene and keep hands clean at all times. Wash hands with liquid soap and water, and rub for at least 20 seconds.
- Food delivery staff should be provided with 70% to 80% alcohol-based handrub for performing hand hygiene, if hand washing facilities are not available, or when hands are not visibly soiled.
- Keep hot food hot and cold food cold for safe delivered foods (i.e. above 60°C and at/below 4°C respectively). If not, the two-hour and four-hour principle should be followed for perishable foods that have been kept in the temperature danger zone:
 - prepared food should be discarded if it has been held at room temperature for more than four hours;
 - if prepared food is kept at room temperature for less than two hours, it can be refrigerated for final use later or used within the four-hour limit.
- Note that the time for foods, including individual ingredients, being kept within the temperature danger zone is cumulative, i.e. it is needed to add up each and every time period that the foods have been left under ambient temperature, including handling, storage, transportation, etc. to work out the total time
- Shorten the time the delivered foods left out of temperature control and remind customers to consume as soon as possible where appropriate.
- Keep records and adhere to the time temperature requirements.

Further, the CFS has issued *Food Safety and Hygiene Advisory for Food Premises on the Prevention of COVID-19*, in which advices on environmental, personal and food hygiene are applicable to food delivery agents.

For more information on COVID-19, please visit www.coronavirus.gov.hk.

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