



供應生蠔的 食物安全指引

Food Safety Guidelines for Serving Raw Oysters

食物安全研討會

Food Safety Seminar for Trade 4.12.2025



業界指引

Trade guidelines

- 旨在幫助食物業了解與生蠔的相關風險，並在運營中實施適切可行的食物安全措施，以減少食源性疾病的發生，同時讓高危的消費者做出知情的選擇。

- To assist the food businesses in understanding the risks associated with raw oysters and implementing appropriate and practical food safety measures in their operations to reduce the occurrence of foodborne illnesses while also allowing susceptible groups of consumers to make informed choices.



食物環境衛生署
Food and Environmental
Hygiene Department



食物安全中心
Centre for Food Safety

近日與生蠔有關的食物中毒個案

Recent Food Poisoning Cases Associated with Raw Oysters

法國進口生蠔疑致7宗食物中毒個案

港聞 2024.12.17 23:13



食安中心指示業界暫停進口法國水域17.C.11出產的生蠔。(點新聞資料圖)

【點新聞報道】食物環境衛生署食物安全中心（中心）今日（17日）指示業界暫停進口法國水域17.C.11出產的生蠔。業界如持有受影響產品，應立即停止使用或出售。

中心發言人表示，經調查發現，中心接獲的7宗食物中毒個案均涉於該水域進口的生蠔。為審慎起見，中心即時指示業界暫停進口及在港出售所有在相關水域出產的生蠔。



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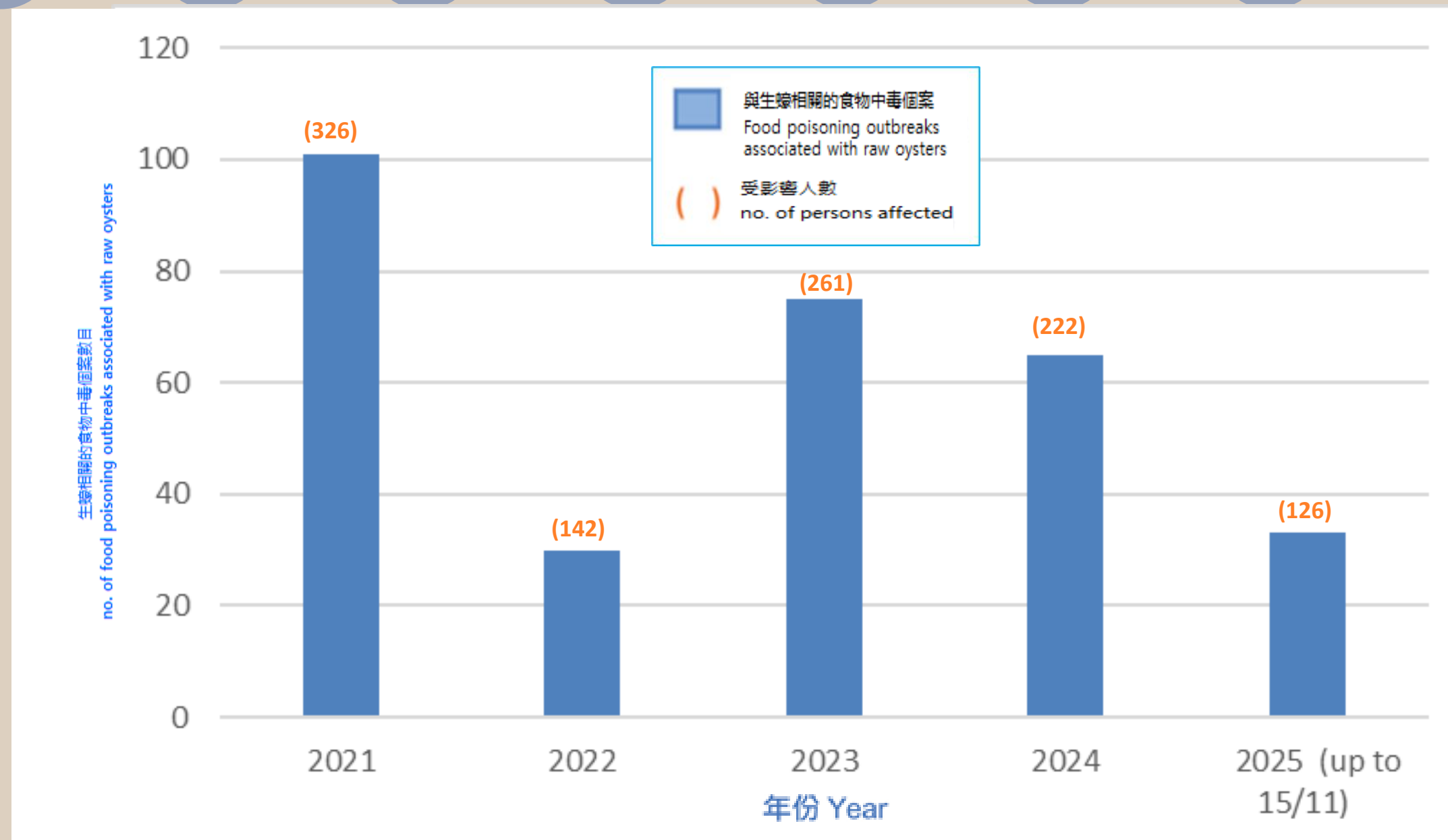
衛生署衛生防護中心今晚（17日）公布，五男六女食客先後在本月10至12日光顧：後約16至61小時後出現腹痛、腹瀉、噁心及嘔吐等病徵。衛生防護中心初步調查顯示，他們曾於上述食肆進食共同食物，包括生蠔，個案可能由諾如病毒引致。

由於沒有經過任何**熱處理**殺死食物中的食源性病原體，生吃蠔隻存有食物安全風險。

Eating raw oysters carries inherent food safety risks as there is **no heat treatment** to kill foodborne pathogens.

與生蠔相關的食物中毒個案持續報告

Food poisoning outbreaks associated with raw oysters consumptions continued to report



生蠔中常見的污染物

Common contaminants in raw oysters

- 不斷過濾海水，體內累積水中的物質包括食源性病原體及毒素。
- Constantly draw in water and accumulate materials from water including foodborne pathogens and toxins.

類別 Types	風險 Risks	會否存在於煮熟的生蠔內？ Present in cooked oysters?	在收穫後的生蠔內生長？ Post-harvest growth inside oysters?
麻痺性貝類中毒 Paralytic shellfish poisoning	毒素 Toxin	會 Yes	不會 No
諾如病毒 Norovirus	病毒 Virus	有時 Sometimes (未熟透 inadequate cooking)	不會 No
甲型肝炎 Hepatitis A	病毒 Virus	有時 Sometimes (未熟透 inadequate cooking)	不會 No
弧菌 Vibrio species	細菌 Bacteria	很少 Rarely	會 Yes

實地參觀出售生蠔的食肆

Site visits to food premises
that sell raw oysters

- 於 2022 年 5 月至 8 月進行
- 訪問了15家食肆:
 - 超市
 - 網上商店
 - 零售店
 - 酒店自助餐廳
 - 西餐廳
 - 日式餐廳
 - 蠔吧

- Conducted between May and Aug 2022
- Interviewed 15 food premises
 - Supermarkets
 - Online shops
 - Retail outlets
 - Hotel buffet restaurants
 - Western restaurants
 - Japanese restaurants
 - Oyster bars

研究範圍

- 知識、態度、做法
 - 購買
 - 接收
 - 貯存
 - 處理和製備
 - 展示與供應
 - 送貨
 - 食物經營者的其他職責



Study scope

- Knowledge, Attitudes, Practices
 - Purchasing
 - Receiving
 - Storage
 - Handling and preparation
 - Display and serving
 - Delivery
 - Other responsibilities of food business operators

有殼的蠔與已去殼的蠔

Oysters in shells and Shucked oysters

蠔的種類		熟食	生食	備註
<p>供生食的有殼活蠔</p> <p>Live in-shell oysters intended for raw consumption</p>		✓	✓	<ul style="list-style-type: none"> 如選擇生吃，應以適當方法處理以盡可能減低風險 If choose to eat raw, follow the proper procedures to minimise the risk
<p>供生食的急凍生蠔</p> <p>Frozen oysters intended for raw consumption</p>		✓	✓	<ul style="list-style-type: none"> 只可在攝氏0至4度的雪櫃中解凍 Only thaw frozen oysters between 0-4°C in refrigerator
<p>在原產地預先去殼的冰鮮生蠔</p> <p>Chilled oysters pre-shucked at origin</p>		✓	X	<ul style="list-style-type: none"> 生蠔去殼即死，特別是長途運輸期間沒有嚴格的溫度控制，極容易變壞 去殼過程中可能受微生物污染 Raw oysters die immediately after being shelled, and are prone to spoilage, especially when there is improper temperature control during long-haul transportation Microbiological contamination may occur during shucking

知識及態度

- 大部分被訪者認同生蠔可能含有有害微生物、但部分人不認為生吃生蠔有風險。
- 大部分被訪者認同高危人士(孕婦、嬰幼兒、長者、免疫力弱的人士)應避免生吃生蠔。
- 有食肆（尤其是網店）對是否能為員工提供食物安全培訓的信心不足，或認為食物全培訓對其員工不太相關。
- 參與者的意見：[希望知道更多關於生蠔微生物風險和如何正確處理生蠔的信息](#)。

Knowledge and attitudes

- Most of the interviewees agreed that raw shellfish might contain harmful microorganisms, but some did not think that eating raw shellfish is risky.
- Majority agreed that susceptible individuals such as pregnant women, young children, the elderly and people with a weakened immune system should avoid eating raw oysters.
- Some food premise (especially on-line shops) had low confident on providing food safety training to their staff or they thought food safety training is not relevant to their staff.
- Feedback from participants: [wanted to know more about microbiological risks of oysters and how to handle oysters properly.](#)

採購及接收

Purchasing and receiving



接收生蠔時應檢查溫度

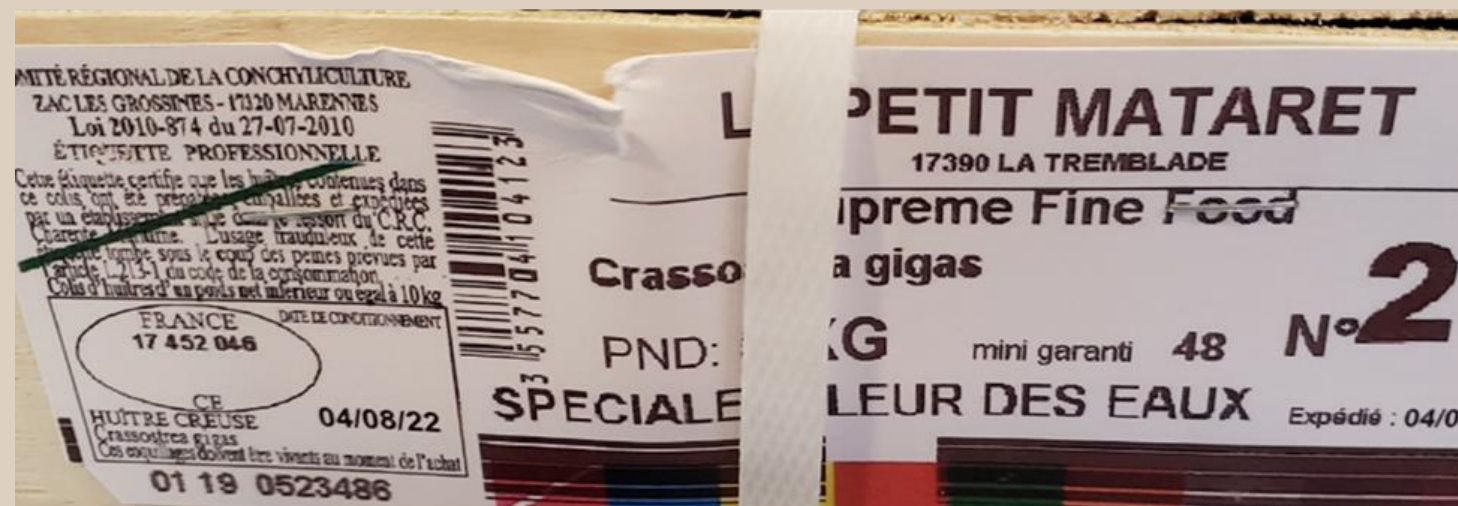
Check temperature when receiving oysters

標籤

Labels



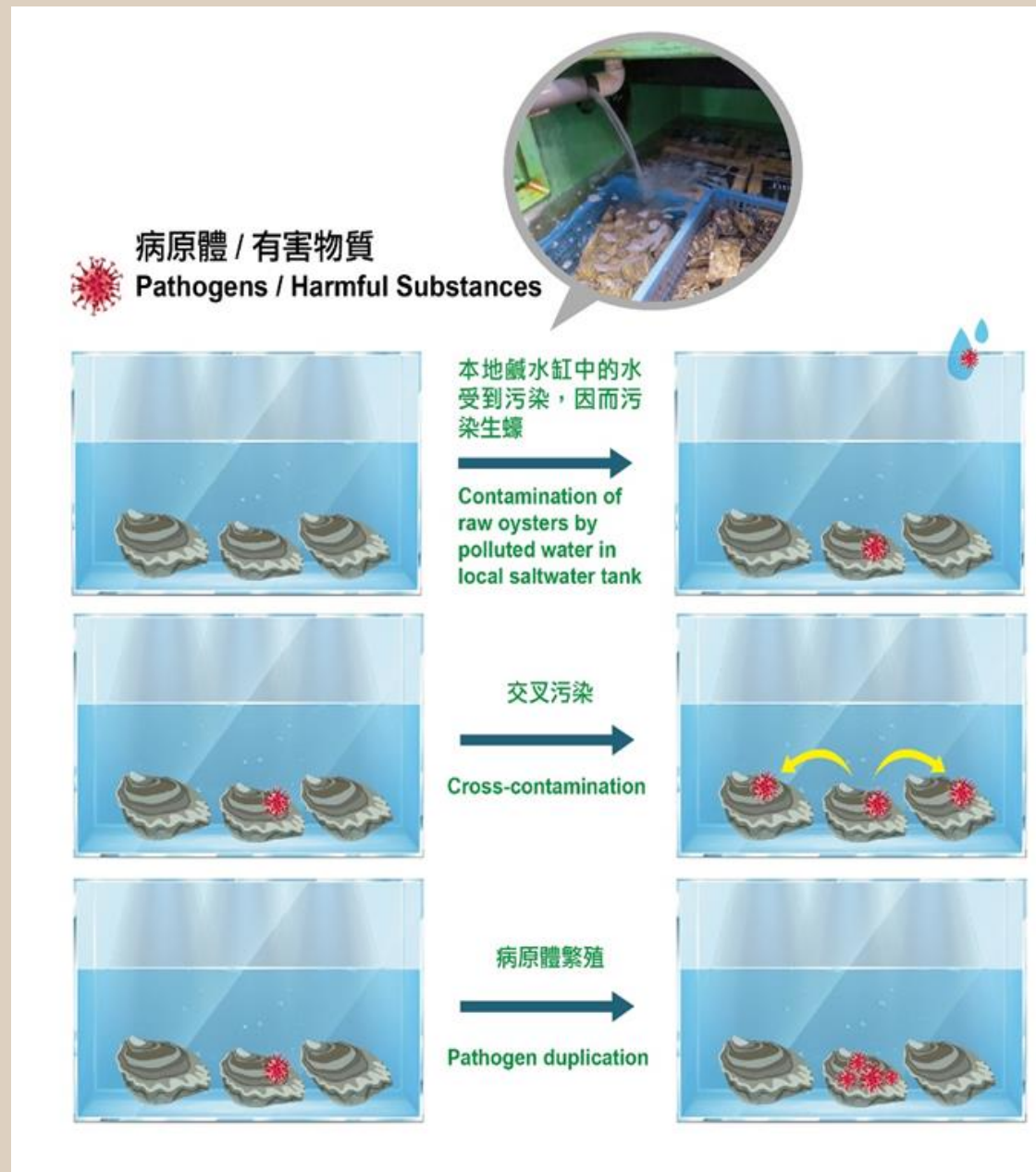
DESCRIPTION: Live Pacific Oysters (Crassostrea gigas)			
REG. EST. NO.	883	STORE:	Between 3°C and 7°C
LEASE NUMBER	255	CLASSIFICATION:	Approved
GROWING AREA:	Boomer Bay		
DATE PACKED	7/07/2022	DATE HARVESTED:	6/07/2022
NET CONTENTS	18.05 kg - 15 doz	STANDARD	PACK NO: 3 - 6



不同的標籤 Various labels

以水存養

Wet Storage



不應以水存養進口生蠔

Not to re-immerge imported oysters in water for storage

貯存

Storage



生蠔不應存放在室溫

Raw oyster should not be stored at room temperature

處理和製備

Handling and preparation



處理生蠔是應該戴上手套

Wear gloves when handling raw oysters

展示與供應

Display and Serving



不應該把生蠔和其他食物放在一起
Not to place raw oyster with other foods

環境衛生

Environmental hygiene



環境不衛生，可導致交叉污染

Unhygienic environment may cause cross-contamination

健康提示

Health reminders



雖然不完全是高風險食物資訊，一些食肆亦有為消費者提供一些健康提示。
Although not exactly a high-risk food advisory, some restaurants are providing some health reminders for consumers.



保持個人衛生

Maintain personal hygiene

食物經營者須確保員工保持良好的個人衛生：

- 勤洗手
- 清潔和消毒用具、設備和工作區域

Food business operators must ensure that their staff maintain proper personal hygiene:

- Wash hands frequently
- Clean and disinfect utensils, equipment and working area



避免交叉污染

Avoid cross-contamination

- 生蠔應存放在指定的雪櫃
- ➔ 不要與其他食物混合
- 使用單獨的設備處理以避免和其他食物交叉污染
- 不可以水存養！

- Raw oysters should be stored at a designated refrigerator
- ➔ do not mix with other foods
- Handle with separate equipment to avoid cross-contamination of other foods
- No wet storage!



安全溫度

Safe temperature

- 食物處理人員應將生蠔保持在安全溫度
- ➔ 活蠔:攝氏2-4度
- ➔ 急凍蠔:攝氏-18度或以下
- 使處理過程盡可能簡短
- 只應要求才去殼

- Food handlers should keep raw oysters at safe temperatures
- ➔ Live oysters: 2-4°C
- ➔ Frozen raw oysters: $\leq -18^{\circ}\text{C}$
- Make the handling process as brief as feasible
- Shuck oysters only upon request



消費者忠告

Consumer advice

- 建議食物業在餐牌或產品包裝上提供消費者建議，提醒消費者生吃蠔的風險，以保護高危人群免受食源性疾病的侵害。

* 注意：食用生或未煮熟的食物，可增加患上食源性疾病的風險，尤其是孕婦、嬰幼兒、長者和免疫力弱人士。

* Note: Consuming raw or undercooked foods may increase the risk of foodborne illness, especially for pregnant women, infants, young children, the elderly and people with weakened immunity.

- Food businesses are advised to provide consumer advice on the menu or product package alerting consumers of the risks of consuming raw oysters to safeguard susceptible individuals from foodborne diseases.

HACCP為本的食物安全計劃

HACCP-based food safety plan

蠔隻接收和追蹤記錄

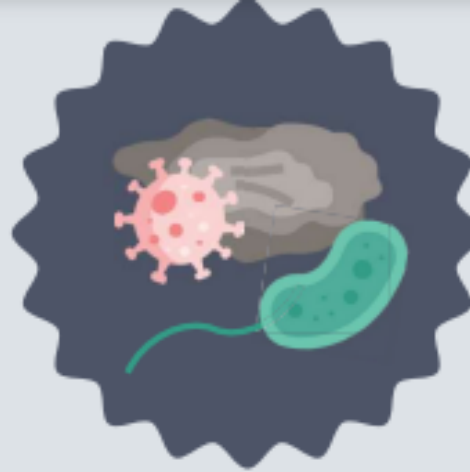
Oyster receiving and tracking log

須特別注意事項	監察步驟	監察頻率和方法	關鍵規限	對偏差的糾正行動
第 1 步 – 接收蠔隻				
文件檢查 – 蠔隻來自有效來源	<ul style="list-style-type: none"> 必須來自認可來源：每批生蠔均附有衛生證明書 	<ul style="list-style-type: none"> 檢查每個交付容器的文件 	<ul style="list-style-type: none"> 蠔隻標籤和有效的衛生證明書 	<ul style="list-style-type: none"> 若任何批次沒有已記載可追溯採收地區資料的蠔隻標籤或發票收據，均一律拒絕接受 記錄在接收記錄簿
產品檢驗 – 品質良好	<ul style="list-style-type: none"> 只接受清潔、鮮活、外殼完好的生蠔 	<ul style="list-style-type: none"> 每一個交付容器 目視檢查 	<ul style="list-style-type: none"> 生蠔應該是活生的 	<ul style="list-style-type: none"> 丟棄死蠔 記錄在接收記錄簿
收貨時的溫度	<ul style="list-style-type: none"> 生蠔必須裝在冰中，並在攝氏 4 度或以下冷凍 	<ul style="list-style-type: none"> 每一個交付容器 用溫度計檢查溫度 	<ul style="list-style-type: none"> ≤ 攝氏 4 度 	<ul style="list-style-type: none"> 拒收在融冰中或攝氏 4 度以上的批次 記錄在接收記錄簿
第 2 步 – 存放蠔隻				
貯存溫度	<ul style="list-style-type: none"> 將活蠔存放在攝氏 2 至 4 度 將去殼生蠔存放在攝氏 4 度或以下 	<ul style="list-style-type: none"> 每天用溫度計檢查 	<ul style="list-style-type: none"> 活蠔攝氏 2 至 4 度 去殼生蠔 ≤ 攝氏 4 度或以下 	<ul style="list-style-type: none"> 立即調整溫度 待行及基於放置時間作評估 在每日記錄表上記錄冷卻器溫度，找出問題的原因並加以改正
貯存狀況	<ul style="list-style-type: none"> 將生蠔裝在指定雪櫃或雪櫃獨立間隔內的容器中 每個容器應只包含一種生蠔，並貼上標籤 	<ul style="list-style-type: none"> 每天目視檢查 	<ul style="list-style-type: none"> 生蠔在清潔、有標籤的容器中，同一間隔內沒有其他食物 	<ul style="list-style-type: none"> 重新分開存放 丟棄受污染的產品
第 3 步 – 配製蠔隻				
在清潔和去殼期間檢查生蠔	<ul style="list-style-type: none"> 只使用新鮮的活蠔 只使用飲用水清洗蠔殼 只使用清潔和經消毒的器具去殼 	<ul style="list-style-type: none"> 去殼前檢查外殼是否閉合，或在輕敲時會閉合 	<ul style="list-style-type: none"> 生蠔應該是活生的 	<ul style="list-style-type: none"> 丟棄死蠔
室溫處理時間	<ul style="list-style-type: none"> 在供應給顧客食用之前，盡量減少沒有溫度控制的時間 不要將生蠔在室溫下放置超過 60 分鐘 待顧客點餐後才準備生蠔 	<ul style="list-style-type: none"> 生蠔每次從雪櫃中取出時 	<ul style="list-style-type: none"> 總共 < 60 分鐘 	<ul style="list-style-type: none"> 如果在室溫下放置 > 60 分鐘，則轉為熟食或丟棄
第 4 步 – 展示 / 供應蠔隻				
顯示和保持溫度	<ul style="list-style-type: none"> 生蠔必須在雪櫃中展示（或保存）或在足以保持產品在攝氏 4 度或以下的冰塊中 	對於冰上產品： <ul style="list-style-type: none"> 每 2 小時或按需要目測冰塊 對於雪櫃中的產品： <ul style="list-style-type: none"> 每天用溫度計檢查溫度 	<ul style="list-style-type: none"> 在食用冰塊中或攝氏 4 度或以下 	<ul style="list-style-type: none"> 轉為熟食或丟棄

[illegible]

總結

- 生蠔很容易受可導致食源性疾病（食物中毒）的有害微生物和具有抗藥性的「超級細菌」污染。
- 生或未煮熟的蠔是高風險食物，因為在食用前沒有經過熱處理或熱處理不足，未能消滅食源性致病菌或「超級細菌」。雖然所有生蠔都可能導致食源性疾病，但有些生蠔被認為風險更大，不建議生吃。
- 食物業經營者必須確保其員工保持良好個人衛生，並定期及在需要時清潔和消毒用具、設備和工作區域。



Summary

- Oysters are easily contaminated by harmful microorganisms that can cause foodborne diseases (food poisoning) and “superbugs” with antimicrobial resistance.
- Raw or undercooked oysters are high-risk food, as there is no or insufficient heat treatment to kill foodborne pathogens or “superbugs” before eating. While all are at stake of causing foodborne diseases, some oysters are deemed riskier and not recommended to be eaten raw.
- Food business operators must ensure that their staff maintain good personal hygiene and that their utensils, equipment and working area are cleaned and disinfected regularly and as needed.

總結

- 生蠔應存放在指定的雪櫃內，並使用不同的工具處理，以免與其他食物交叉污染。



- 食物處理人員應將生蠔保持在安全溫度，處理過程盡可能縮短，並因應要求才去殼。



- 食物業界可在餐牌或產品包裝上提供食用忠告，提醒消費者食用生蠔的風險，以保護高危人士免受食源性疾病的侵害。



Summary

- Raw oysters should be stored in a designated refrigerator and handled with separate equipment to avoid cross-contamination with other foods.
- Food handlers should keep raw oysters at safe temperatures, make the handling process as brief as feasible, and shuck oysters only upon request.
- Food businesses are advised to provide consumer advice on the menu or product package alerting consumers of the risks of consuming raw oysters to safeguard susceptible individuals from foodborne diseases.

業界對指引的意見

Comments from trade on the guidelines

- 邀請包括受訪者在內的行業對指引提供意見
- 總的來說，他們非常同意/同意：
- 內容清晰易懂。
- 了解更多關於生蠔的風險。
- 會與同事分享信息。
- 有信心能按指引建議處理生蠔。
- 但有少數人反映他們可能無法完全控制送遞過程。

「供生吃的蠔 - 給食物業的食物安全指引」的意見調查 Survey on Comments about 'Oysters Intended for Raw Consumption - the Food Safety Guidelines for Food Businesses'

輸入 Google 搜尋引擎的搜尋，瞭解詳情

II. 對指引內容的意見 Comments on content the guidelines

	完全不同意 Strongly disagree	不同意 Disagree	普通 Neutral	同意 Agree	非常同意 Strongly agree
1. 內容清晰易懂。 The content is clear and easy to understand.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. 看完後，我了解了不少關於生蠔的風險。 I have learnt more about the risk of raw oysters after reading it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. 我學到了更多關於安全處理生蠔的方法。 I have learnt more about safe handling of raw oysters.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. 我會與我的同事分享指引的信息。 I would share the information of the guidelines with my colleagues.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

- Invited trade including interviewees to comment on the draft guidelines
- In general, they strongly agreed/agreed that:
- the content is clear and easy to understand.
- they had learnt more about the risk of raw oysters.
- They would share the information with their co-workers.
- They were confident that they could handle oysters as recommended in the guidelines.
- Only a few reflected that they might not have full control of the delivery process.

回應業界意見

Response to trade's comments

第三方送遞商與食物送遞

有時食物業經營者會使用第三方送遞商來配送生蠔，而這些送遞商有責任遵從上述食品安全建議。

有關保持送貨車輛和送貨員衛生的更多詳情，請參閱我們關於外賣和送餐的食物安全建議。掃描二維碼閱讀更多：



Third-party delivery agents and food delivery

Third-party delivery agents are sometimes used to deliver raw oysters. These agents are responsible for adhering to the food safety advices outlined above.

For further details on maintaining hygiene of food delivery, please refer to our **food safety advice on takeaways and meal delivery**. Scan the QR code to read more:



食物環境衛生署
Food and Environmental
Hygiene Department



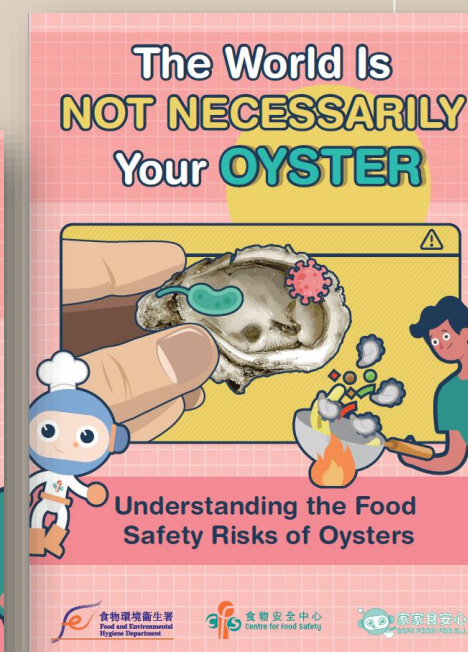
食物安全中心
Centre for Food Safety

對公眾的宣傳及教育

Promotion and education to the public

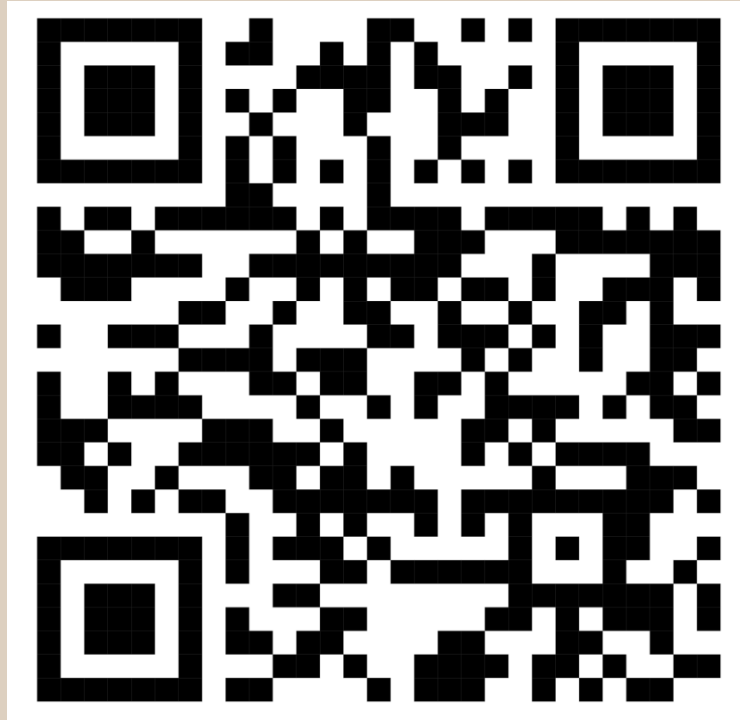
- 業界人士亦建議，食安中心亦應向公眾提供有關生蠔的食物安全風險的資訊。
- 內容根據食安中心的消費者調查結果草擬，以協助市民採取必要的預防措施，避免食物中毒，並作出知情的選擇。

- Trade members also suggested that public should also be provided with information on the food safety risks of oysters.
- Content was drafted based on the findings of a CFS's consumer survey to help the public to take necessary precautions to avoid food poisoning and make informed choices.



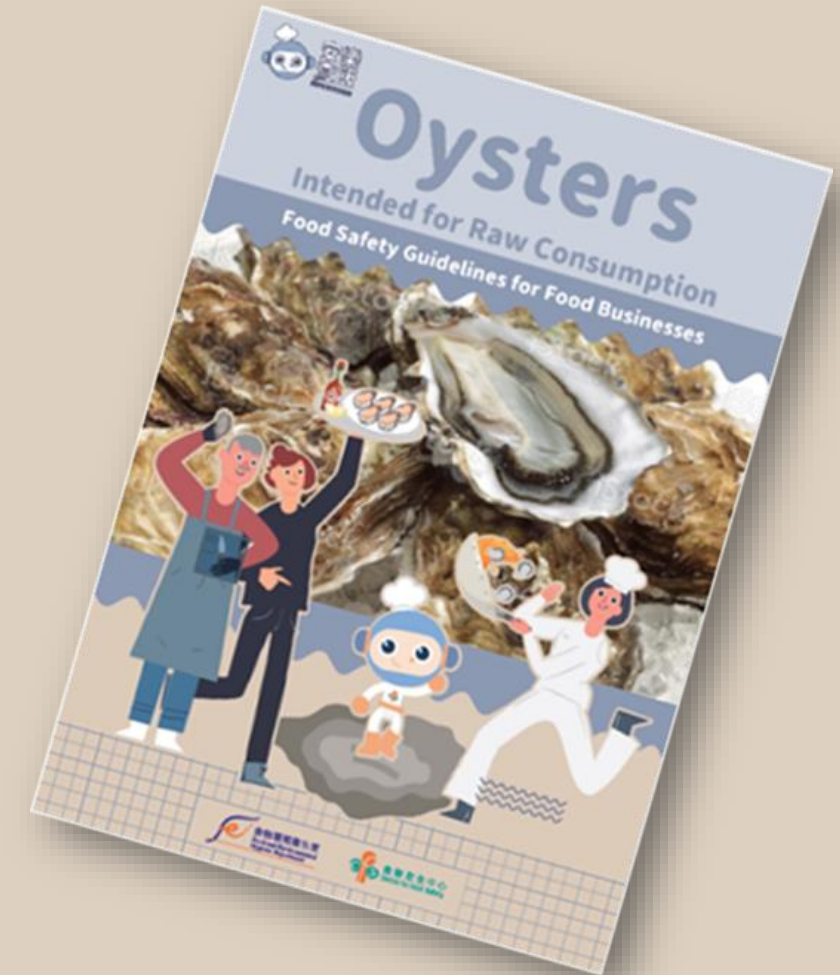
了解更多信息

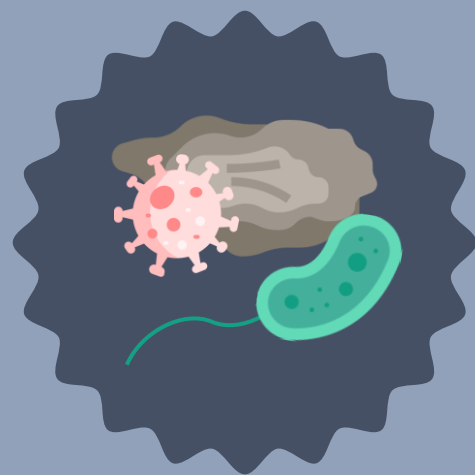
- 請瀏覽 www.cfs.gov.hk/oyster



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Thank you
謝謝

