交叉污染你要知
生熟分開最明智

Avoid contact between raw and cooked foods to prevent cross-contamination

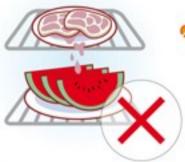交叉污染是指細菌由一種食物傳給另一種食物。細菌可以透過直接傳播（例如當一種食物或它的汁液接觸到另一種食物）或間接傳播（例如經雙手、砧板、抹布等傳給另一食物）。

Cross contamination refers to the transmission of bacteria from a food item to another. Bacteria may be transmitted by direct transmission (which occurs, for example, when a food item or its juices come into contact with another food item) or indirect transmission (through hands, chopping boards, towels, etc.).

一些常見引致交叉污染的例子如下：
Examples of some common pitfalls of "cross contamination":

● 利用同一套工具（如刀具及砧板）處理生肉及即食食品；
Using the same utensils (such as cutlery and chopping boards) for processing raw meat and ready-to-eat food items;

● 雪柜內，無蓋好的即食食物放在未煮的食物下面，未煮食物的水分及汁液滴到即食食物上面；或
Putting ready-to-eat food not properly covered below uncooked items in the refrigerator. Water and juices from the uncooked food may drip onto the ready-to-eat food; or

● 曾盛載生肉的容器／包裝物料未經清洗便用以盛載即食食物。
Re-using the containers / packaging materials of raw meat without cleaning for keeping ready-to-eat food.

食物環境衞生署
Food and Environmental Hygiene Department

食物安全中心
Centre for Food Safety

交叉污染你要知
生熟分開最明智

Avoid contact between raw and cooked foods to prevent cross-contamination
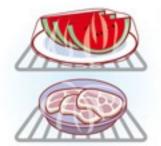
預防「交叉污染」
Prevention of "Cross Contamination"

交叉污染是引致食物中毒的一個重要原因。要預防食物中毒,可從以下環節着手,減低交叉污染的風險:

Cross contamination is a major factor in food poisoning. To prevent food poisoning, we should reduce the risk of "cross contamination" by observing the following guidelines:

1 生、熟食物分開處理
Raw and Cooked Foods Should Be Processed Separately

- 食物須貯存在適當及已蓋好的容器內;
  Food items should be stored in suitable containers and properly covered;

- 未經烹煮或處理的食物須與即食食物分開存放;
  Uncooked or unprocessed food items should be kept separate from ready-to-eat food;

  - 貯存在雪柜內未經烹煮的食物須放在即食食物下面;及
    Uncooked food should be stored below ready-to-eat food in the refrigerator; and

  - 解凍食物時應避免有水滴下,污染其他食物。
    Prevent drips from the thawing food to avoid contamination of other food items.

食物環境衛生署
Food and Environmental Hygiene Department

食物安全中心
Centre for Food Safety

交叉污染你要知
生熟分開最明智

Avoid contact between raw and cooked foods to prevent cross-contamination

預防「交叉污染」
Prevention of "Cross Contamination"

2 個人衞生
Personal Hygiene

- 養成良好個人衞生習慣，經常保持雙手清潔；
  Maintain good personal hygiene. Always keep the hands clean;

- 接觸未經烹煮的食物或蛋類後，必須洗手；
  Hands must be washed after touching uncooked food or raw eggs;

- 必須使用清潔和經消毒的用具來試味，試味後應立即把用具清潔和消毒；及
  Cleaned and sanitized utensils should be used for tasting. The utensils should be immediately cleaned and sanitized after tasting; and

- 避免用手直接接觸即食食物。
  Avoid touching ready-to-eat food directly with bare hands.

交叉污染你要知
生熟分開最明智

Avoid contact between raw and cooked foods to prevent cross-contamination

預防「交叉污染」
Prevention of "Cross Contamination"

3 設備及用具
Equipment and Utensils

○ 與食物接觸的表面須保持清潔，如有需要，應在使用前後進行清潔及消毒；
Keep food contact surfaces clean; wash and sanitize these areas between uses if necessary;

○ 使用不同顏色的砧板及用具，分開處理未煮和即食食物；
Use chopping boards and utensils of different colours to handle uncooked and ready-to-eat food;

○ 切勿把即食食物放在剛裝過生肉或生海鮮的容器內；
Never place ready-to-eat food in containers that have just been used to keep raw meat or live seafood;

○ 處理即食食物時應減少用手直接接觸；
When handling ready-to-eat food, avoid touching them directly with bare hands;

○ 使用清潔和已消毒的用具處理即食食物；及
Use clean and sanitized utensils when handling ready-to-eat food; and

○ 不宜用抹布拭乾會與食物接觸的設備表面，因為抹布容易藏有細菌或污染物。
Avoid using towels to wipe food contact surfaces of equipment because towels may easily harbour germs and dirts.

交叉污染你要知
生熟分開最明智

Avoid contact between raw and cooked foods to prevent cross-contamination

預防「交叉污染」
Prevention of "Cross Contamination"

4 環境衞生
Environmental Hygiene

- 在獨立的區域內處理生肉；
  A separate area should be provided for handling raw meat;

- 存放化學品的地方須與處理食物的區域分開；及
  Chemicals should be kept separate from food processing areas; and

- 垃圾及食物渣滓應放進垃圾桶，垃圾桶須經常蓋好，並每天至少清倒一次。
  Refuse and food remnants should be stored in refuse containers with close fitting covers and should be cleared at least once a day.

5 防治蟲鼠
Pest Control

- 修補天花板、牆壁及地面裂縫，以防止蟲鼠進入；及
  Holes or crevices found on ceilings, walls and floors should be sealed to deny access to pests; and

- 妥為存放垃圾，並定時清理以防止蟲鼠滋生。
  Refuse should be disposed of properly and cleared to prevent pests from breeding.