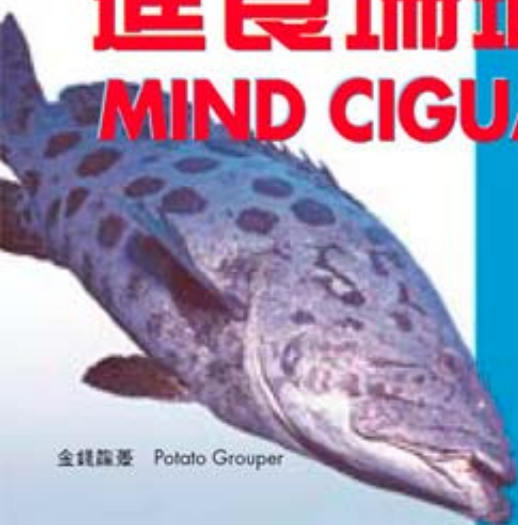


進食珊瑚魚 慎防雪卡毒

MIND CIGUATERA FISH POISONING



金錢龜斑 Potato Grouper



燕尾星斑 Lyretail



紅鰭 Black Fin Red Snapper



西星斑 Areolated Coral Grouper



東星斑 Leopard Coral Grouper



老虎斑 Tiger Grouper

食用珊瑚魚可能含有雪卡毒素，進食後會引致肌肉毒魚類中毒。

這些魚類包括：

油鯧、金錢龜斑、藍瓜子斑、老虎斑、老鼠斑、蘇眉、西星斑、豹星斑、燕尾星斑、紅鰭、杉斑和東星斑。

怎樣預防？

- 一、減少吃珊瑚魚；
- 二、每次只吃少量；
- 三、不吃珊瑚魚的內臟、魚頭及魚皮；
- 四、在進食魚的同時，避免喝酒及吃花生或豆類；
- 五、查詢魚的來源；及
- 六、若懷疑中毒，應立即求醫。



杉斑 Flowery Grouper



老鼠斑 High Fin Grouper



黑斑 Black Saddled Coral Grouper

Coral reef food fish may contain ciguatoxin, causing ciguatera fish poisoning. They include:

Moray Eel, Potato Grouper, Speckled Blue Grouper, Tiger Grouper, High Fin Grouper, Hump Head Wrasse, Areolated Coral Grouper, Black Saddled Coral Grouper, Lyretail, Black Fin Red Snapper, Flowery Grouper and Leopard Coral Grouper.

How to Prevent?

1. Eat fewer coral reef food fish;
2. Eat small amount in any one meal;
3. Avoid eating fish's viscera, head and skin;
4. Avoid alcoholic beverage, nut or seed products when consuming fish;
5. Enquire the source of the fish; and
6. Seek medical advice if poisoning is suspected.



蘇眉 Hump Head Wrasse



藍瓜子斑 Speckled Blue Grouper



油鯧 Moray Eel