

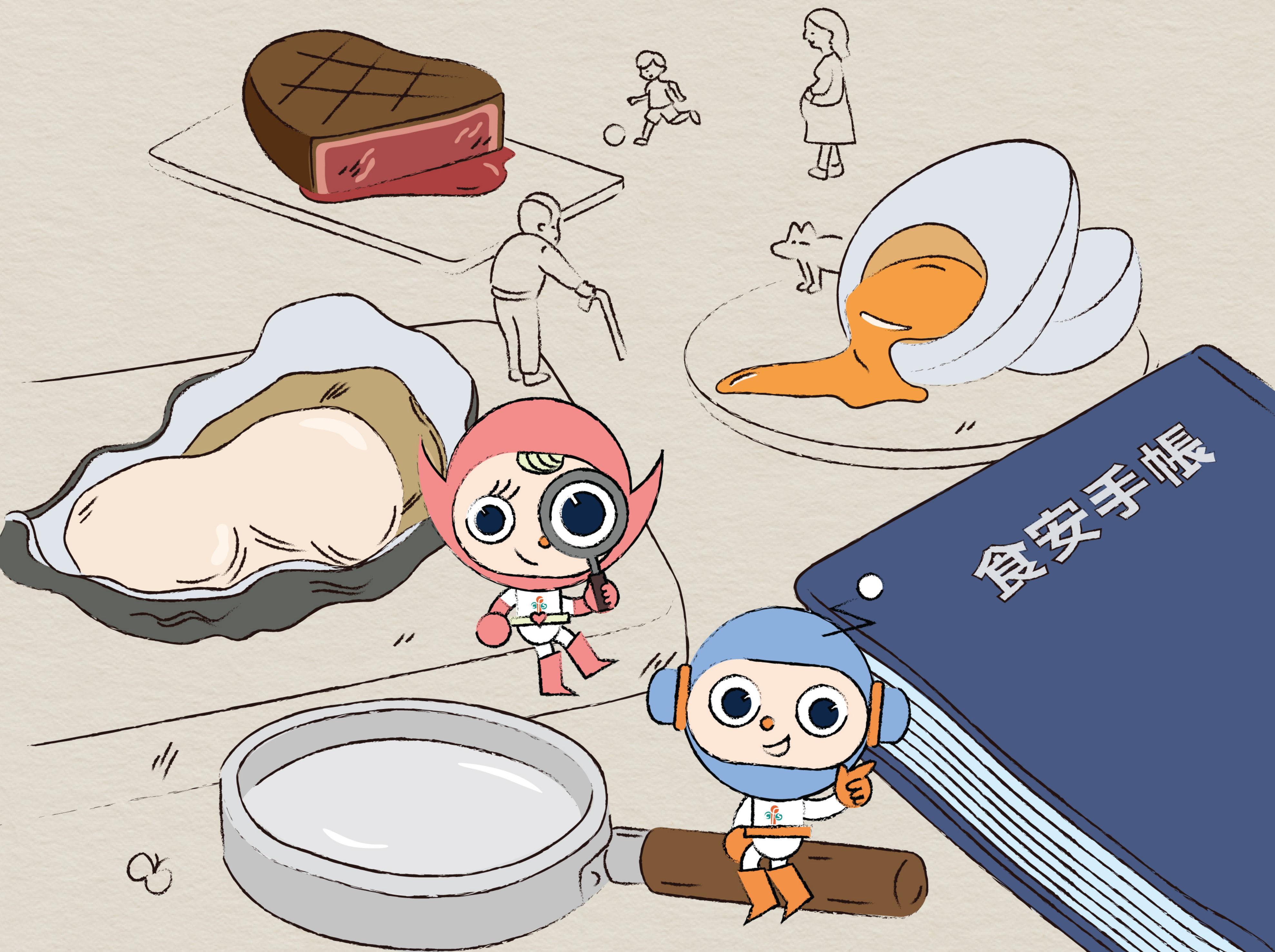
# 生冷食物要留神

## — Know Your High-Risk —

# FOODS

無論出街食 抑或自己煮 都要睇清生冷食物

Always look out for high-risk foods. No matter where you choose to eat.



### 食安小隊提提你：

#### Reminder from CFS Team:

老幼病孕等高危人士避免進食生或未煮熟食物，可減低食物中毒與感染超級細菌的風險。

Susceptible individuals such as elderly, infant and young children, pregnant women and people with weakened immunity can lower this risk of food poisoning and contracting superbugs by not eating raw or undercooked foods.