

食物安全焦點

Food Safety Focus

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食物安全中心
風險評估組
科學主任朱源強先生報告

Reported by Mr. Johnny CHU, Scientific Officer,
Risk Assessment Section,
Centre for Food Safety

上星期有傳媒報道指本港有食肆售賣以酒或其他醬料醃製的即食生蟹、生蝦和生蠔蚶等，而這些食肆未持有食物環境衛生署(食環署)發出的售賣壽司及刺身特別批簽(見圖)。在本港，進食未煮熟的水產一直被指是食物中毒的成因之一。

Last week, media reported that some local restaurants prepared and sold ready-to-eat raw drunken/marinated crabs, shrimps, cockles and the like, albeit without a restricted food permit from the Food and Environmental Hygiene Department (FEHD) for selling sushi and sashimi (see Figure). In Hong Kong, consumption of raw aquatic food products has been considered one of the causes of food poisoning.



特別批簽:

持牌人須在持牌處所正門入口附近的顯眼處展示標貼，列明該處所已領有牌照連特別批簽(如有的話)。

Special Endorsement:

The licensee shall exhibit a sign indicating that the premises have been licensed, with special endorsement (if any), at a conspicuous place near the main entrance of the licensed premises.

附有獲准售賣壽司和刺身特別批簽的食環署牌照

FEHD licence with special endorsement for sale of sushi and sashimi

未煮熟的水產的危害

寄生蟲

聯合國糧食及農業組織指出，野外捕獲的水產較可能帶有寄生蟲；人工養殖的魚類如投餵的飼料含有寄生蟲，亦有可能受寄生蟲感染。在眾多寄生蟲中，最令人關注的是吸蟲(肝吸蟲和肺吸蟲)、蛔蟲(如廣州管圓線蟲)和絛蟲(如裂頭絛蟲屬)。一些淡水蟹和淡水螺已知分別有肺吸蟲和蛔蟲寄生，而魚類則可能帶有肝吸蟲和絛蟲。

細菌和病毒

有害的微生物包括細菌(例如副溶血性弧菌和霍亂弧菌)和病毒(例如諾如病毒)兩種。副溶血性弧菌天然存在於海水(河口和近岸水域)中，難免會有海產受到弧菌的污染。另一方面，鹹水和淡水(例如河流)均有霍亂弧菌的蹤影。諾如病毒則是本港最常見的食源性病毒之一，普遍存在於受污染的海水中。介貝類海產若生長於被污染的水域，受污染的機會就會大大提高。

對公眾健康的影響

蛔蟲寄生在腸壁內，可造成噁心、嘔吐、腹瀉和劇烈腹痛，有時甚至會穿透腸壁。絛蟲的成蟲可長達數呎，患者會出現腹脹、腹部絞痛、體重下降和因缺乏維他命B12而引致貧血。絛蟲量多時，可使腸道堵塞，這種情形在幼童身上特別

Hazards Associated with Raw Aquatic Food Products

Parasites

According to the Food and Agriculture Organization of the United Nations, parasites are more likely to be present in wild caught aquatic animals and certain aquaculture fish if the fish is not fed exclusively on a diet free of parasites. The parasites that are of most concern include flukes (liver flukes and lung flukes), roundworms (e.g. *Angiostrongylus cantonensis*) and tapeworms (e.g. *Diphyllobothrium* spp.). Some freshwater crabs and snails are known to be infected with lung flukes and roundworms respectively while fish may be infected with liver flukes and tapeworms.

Bacteria and Viruses

The harmful microorganisms of concern include both bacteria (e.g. *Vibrio parahaemolyticus* (VP) and *Vibrio cholerae* (VC)) and viruses (e.g. norovirus). VP occurs naturally in seawater (estuaries and coastal areas). Hence, some seafood is inevitably contaminated with VP. On the other hand, VC can live in both saltwater and freshwater such as rivers. In Hong Kong, norovirus is a prevalent foodborne virus that is commonly found in polluted seawater and shellfish living in polluted areas is easily contaminated.

Public Health Significance

Roundworms may embed in the intestinal wall and cause nausea, vomiting, diarrhoea, and severe abdominal pain and sometimes may penetrate the intestine. Tapeworms, which may grow to many feet in length, can cause abdominal swelling and abdominal cramps and may lead to weight loss and vitamin B12 deficiency anaemia. Heavy aggregates of parasitic worms

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容易發生。肝吸蟲和肺吸蟲除了引致腹部不適和腹瀉外，還有可能分別進入肝臟和肺部，有時更會導致重要器官(如心臟和腦部)出現嚴重併發症。

副溶血性弧菌是本港最常見的食物中毒病原體之一，症狀包括腹痛、腹瀉和嘔吐，有時會出現輕微發燒。霍亂是一種由霍亂弧菌所引起的急性腸道傳染病。雖然現時在本港已經不常見，但霍亂可引致嚴重腹瀉，若患者未能及時接受適當治療，有可能出現嚴重脫水甚至死亡。諾如病毒被認為是世界各地非細菌性腸胃炎爆發的主要致病原。在本港，進食受污染的生蠔是人們感染諾如病毒的主要成因，病徵包括噁心、嘔吐、不帶血的腹瀉和腹痛。諾如病毒可以人傳人的方式傳播。

預防措施

1. 避免進食生醃水產

未經煮熟的魚和螃蟹或含致病菌和寄生蟲，而介貝類則較常受致病菌和病毒污染。以酒、醋、豉油、蒜頭、辣椒等醃製魚和螃蟹並不能殺死這些有害的微生物和寄生蟲。因此，生醃螃蟹(例如醉蟹)、生醃魚(例如南美魚生ceviche)、生蝦(例如泰式生蝦刺身)和生醃蜆(例如醉蜆)都曾成為人們食物中毒的元兇。

2. 避免進食未煮熟的水產

在某些地區，人們習慣把蜆等介貝類水產只煮到半熟(或輕焯)，認為這樣能保持食物的鮮味。但進食未經煮熟的介貝類也是食物中毒的常見成因之一，因為食物只是煮到半熟，裡面的有害微生物和寄生蟲還未被殺死。

一些不可不知的事實 Some facts you should know :

- 南韓的全國調查數據顯示，肺吸蟲病在上世紀六十年代一度非常普遍，到九十年代有所下降，但在本世紀初又再次上升。
In South Korea, nationwide survey data showed that infection caused by the lung fluke had been common in the 1960s, becoming less prevalent in the 1990s, but has re-emerged since 2000s.
- 2006年夏天，北京逾130人在吃了未熟透的福壽螺後感染蛔蟲(廣州管圓線蟲)。
In the summer of 2006, over 130 people in Beijing were infected with parasitic roundworms (i.e. *Angiostrongylus cantonensis*) after eating undercooked snails.
- 1988年，上海超過29萬人感染甲型肝炎，起因是食用了生的或未經徹底煮熟的蜆。
In 1988, over 290 000 cases of Hepatitis A were reported in Shanghai due to the consumption of raw or partially cooked cockles.

把水產徹底煮熟才是預防有害微生物和寄生蟲致病的唯一方法。

規管情況

在本港，持有普通食肆牌照或食物製造廠牌照的食物業處所必須獲食環署在牌照上特別批簽，才可製造及售賣壽司和刺身。其他食物業處所如欲售賣而非製造壽司和刺身，亦須申領受限制食物售賣許可證。無論是在互聯網上還是在實體店鋪銷售受限制食物，經營者均須按經營方式及所銷售的受限制食物種類，依法申領**所需的牌照/許可證**。

注意要點：

1. 以酒、醋等醃製生的水產並不能殺死細菌和寄生蟲。
2. 把水產徹底煮熟才是預防有害微生物和寄生蟲致病的唯一方法。
3. 持有普通食肆牌照或食物製造廠牌照的食物業處所必須申領特別批簽，才可製造及售賣壽司和刺身。

給業界的建議

- 確保所出售的食品適宜供人食用，並符合本港法例標準。
- 如欲配製及/或售賣壽司和刺身，必須向食環署領取相關的牌照/許可證。
- 避免供應生的或未經徹底煮熟的螃蟹、螺及蜆之類的水產。

給市民的建議

- 避免進食生的或未經徹底煮熟的螃蟹、螺及蜆之類的水產。
- 光顧食肆或點菜前，應留意該食肆是否有食環署發出之牌照及售賣刺身和壽司的批簽。

can also cause intestinal blockage, particularly in small children. Besides causing abdominal discomfort and diarrhoea, liver flukes and lung flukes may migrate to the liver and lung respectively and sometimes lead to serious complications in other vital organs such as hearts and brains.

VP is amongst the top food poisoning agents in Hong Kong. Symptoms include abdominal pain, diarrhoea, vomiting and sometimes mild fever. Cholera, an acute diarrhoeal disease, is caused by the bacterium VC. Although not commonly reported nowadays in Hong Kong, cholera can cause profuse diarrhoea and, without prompt treatment, may lead to dehydration and death. Worldwide, norovirus is recognised as the most important cause of non-bacterial outbreaks of gastroenteritis. Consumption of contaminated raw oysters is an important cause of norovirus infection locally. Symptoms may include nausea, vomiting, non-bloody diarrhoea and abdominal cramps. Secondary person to person spread may occur.

Preventive Measures

1. Avoid consuming raw marinated aquatic food products

Raw fish and crabs may contain harmful bacteria and parasites while shellfish are more commonly contaminated with harmful bacteria and viruses. Using ingredients such as wine, vinegar, soy sauce, garlic, chilli to marinate fish and crabs cannot effectively kill harmful microorganisms and parasites. Hence, marinated raw crabs (e.g. drunken crabs), raw fish (e.g. ceviche), raw shrimps (e.g. Thai-style shrimp sashimi) and raw cockles (e.g. drunken cockles) have been reported to cause food poisoning.

2. Avoid consuming undercooked aquatic food products

In some regions, light-cooking (or quick-boiling) of shellfish such as cockles is claimed to be able to keep the fine flavour of the shellfish. However, consumption of undercooked shellfish is also a cause of food poisoning because light-cooking cannot effectively destroy harmful microorganisms and parasites.

Cooking aquatic products thoroughly is the only way to prevent diseases caused by harmful microorganisms and parasites.

Regulatory Control

In Hong Kong, food premises holding a general restaurant or food factory licence have to obtain relevant permission from FEHD in the form of endorsement onto the licence for manufacturing and sale of sushi and sashimi. Others who want to sell but not manufacture sushi and sashimi also need to obtain a restricted food permit. No matter selling of restricted food online or by traditional means, operators should, with regard to their mode of operation and the types of restricted food offered for sale, obtain **relevant licences/permits** as required by the law.

Key Points to Note:

1. Marinating raw aquatic food products with wine, vinegar, etc. cannot effectively kill bacteria and parasites.
2. Cooking aquatic food products thoroughly is the only way to prevent diseases caused by harmful microorganisms and parasites.
3. Food premises holding a general restaurant or food factory licence have to obtain special endorsement for manufacturing and sale of sushi and sashimi.

Advice to the Trade

- Ensure that the products are fit for consumption and in compliance with relevant legislative requirements.
- Obtain relevant licence/permit from FEHD for manufacturing and/or sale of sushi and sashimi.
- Avoid serving raw or partially cooked crabs, snails, cockles and the like.

Advice to the Public

- Avoid eating raw or partially cooked crabs, snails, cockles and the like.
- Check whether the premises have a FEHD licence or permit for sale of sashimi and sushi before patronising or ordering.

在食品企業推行有效的食物安全系統 — “食物安全重點控制” (HACCP) Putting an Effective Food Safety System in Place — HACCP for Food Businesses

食物安全中心
風險傳達組
科學主任鄧紹平博士報告

Reported by Dr. Anna S.P. TANG, Scientific Officer,
Risk Communication Section,
Centre for Food Safety

我們在上一期介紹了“食物安全重點控制”(HACCP)系統的起源和原則，這期我們會繼續探討食品企業可以如何利用這個系統來提高食物安全水平。

在食品企業推行HACCP系統

與其亡羊補牢，不如防患於未然。HACCP著重積極預防，事前分析食物製造過程中各種可能產生的危害，並制定各種措施予以防範。食品企業實施HACCP系統，首要目的是在生產、貯存、運送和處理食物各環節中採取既有效率又符合成本效益的措施，確保食物安全和衛生。

實施HACCP有甚麼先決條件？

食品企業要推行HACCP，必須有一套有效的前提計劃。企業可以採用良好製造規範及衛生標準操作程序作為前提計劃。前提計劃包括一系列的基本措施，例如：供應商的管理、清潔及消毒、對製作程序和運送工作的控制、環境衛生、個人衛生、防治蟲鼠、員工訓練及溯源制度的管理等。這些措施有很多已包括在本港食物業處所發的發牌條件和規定，以及《食物衛生守則》中。

推行HACCP的前期準備工作

食品企業在針對某項產品和製造過程推行HACCP計劃之前，首先要做好五項前期準備工作。

1. 成立HACCP小組：建立 HACCP 計劃的第一步是成立管制小組。管制小組成員應對產品和製造過程非常了解並具專門知識。由熟悉食物安全和衛生的人員(例如食物衛生經理)召集各崗位熟悉日常運作的人員組成小組，並領導小組員針對產品及生產過程中潛在的生物、化學和物理危害制定合適的HACCP計劃。

2. 描述食品及其配送方式：HACCP小組應先描述食品的特性及點算企業旗下產品，並了解生產流程，包括加工方法和運送溫度等。

3. 確定食品的消費對象及用途：描述食品在一般情況下的預期用途，並註明消費對象是一般大眾還是特定人群(如嬰兒、學童、免疫力較弱的人、長者等)。

4. 建立流程圖：HACCP小組要按照產品加工的每個主要步驟建立一個生產過程流程圖，並對每一步驟進行清楚而簡單的描述，使每個人都能掌握生產流程並作出評估。每個主要步驟可再細分為多個具體步驟，細分與否視乎個別企業的需要而定。

5. 驗證流程圖：HACCP小組必須到操作現場驗證生產流程，以確認流程圖準確和全面。如有地方需要修改，必須加以記錄。

Following from the last article on the background and principles of the HACCP (Hazard Analysis Critical Control Point) system, let's move on to see how this effective system may be implemented in food businesses to enhance and improve food safety.

Applying the HACCP System in Food Businesses

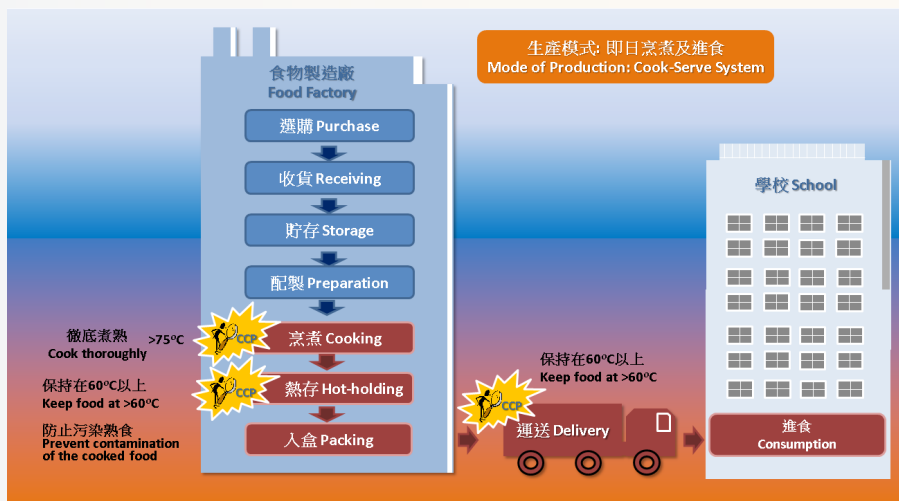
Prevention is better than cure: HACCP adopts a preventive and proactive approach to anticipate the occurrence of potential problems during the food production process and to implement measures designed to prevent the occurrence of these problems. The prime objective of implementing HACCP systems in food businesses is to provide efficient and cost-effective arrangements governing safe and hygienic production, storage, transportation and handling of food.

What are the Pre-requisites for Implementing HACCP?

An effective implementation of a prerequisite programme (PRP) can facilitate introduction of HACCP in food businesses. PRP may be in the form of Good Manufacturing Practices (GMP) and Sanitation Standard Operating Procedures (SSOP). PRP includes some basic activities such as: supplier management, cleaning and sanitation, control of operation and transportation, environmental hygiene, personal hygiene, pest control, staff training and management of traceability system, etc. In the local situation, many elements of the PRP have been covered in the licensing requirements, licensing conditions, and Food Hygiene Code.

Preliminary Tasks in the Development of HACCP

In the development of a HACCP plan, five preliminary tasks need to be accomplished before the application of the HACCP principles to a specific product and process.



學校午餐飯盒製作流程中的控制重點及相應的控制措施

Flow diagram of the production of school lunchbox showing the critical control points (CCP) and their control measures

1. Assemble a HACCP team: The first step is to establish a HACCP team consisting of individuals who have specific knowledge and expertise of the product and process. Staff with good knowledge of food safety and hygiene such as the food hygiene manager may assemble and lead a team of staff from different job roles familiar with the daily operation. This team will develop a HACCP plan based on the potential biological, chemical and physical hazards associated with the product and the process.

2. Describe the food product and its distribution: The HACCP team first describes the food and takes stock of

their own products, and develops an understanding of the work flow including the processing methods and the temperature at which the food is to be distributed.

3. Describe the consumers and use of the food: This step involves describing the normal expected use of the food and the intended consumers who may be the general public or a particular population (e.g. infants, school children, immunocompromised individuals, the elderly, etc.).

4. Drawing a flow diagram: A flow diagram highlighting the main steps of the food production provides a clear, simple outline of the steps involved in the process to understand and evaluate the product and the process flow. Each main step can be further subdivided into more specific steps. Whether to subdivide the main step depends on the particular needs of the food business.

5. Verify the flow diagram: The HACCP team would then perform an on-site review of the operation to verify the accuracy and completeness of the flow diagram and document any modifications as required.

流程圖準備好後，便可運用HACCP系統的七項原則，開始分析危害，找出需要監控的控制重點。

本港情況

本港已有不同的食品企業在日常運作中成功推行HACCP系統，包括生產火腿、壽司和刺身、煙三文魚和學校飯盒的食物製造廠，其中一些是中小型企業。要成功推行HACCP系統，關鍵是對管理人員和員工進行教育和培訓，令他們認識到自己的崗位對生產安全食物的重要性。

教育和培訓

教育和培訓是成功推行HACCP計劃的先決條件。食物安全中心(中心)網頁上的HACCP專頁載有相關參考資料，可讓業界和市民了解HACCP的原則和運作方法。此外，中心還為出售某些食物(如燒味和滷味、壽司和刺身、盆菜、學校午餐飯盒，以及三文治、沙律、冰皮月餅等即食食物)的食肆和為特定人群(如幼兒和長者)供應食物的供應商專門編製了相關的食物安全指引。為協助業界推行HACCP計劃，中心每年均會舉辦一系列的**食物業界講座及HACCP工作坊**。中心非常鼓勵尚未推行HACCP計劃的食品企業經營者安排員工接受這些培訓，然後在企業內推行以HACCP為基礎的食物安全計劃，希望最終能全面實施HACCP系統。而條件成熟的食品企業則可直接把HACCP系統應用於食物生產過程中，以提高食物安全的水平。

With the flow diagram in place, the seven principles of HACCP system are applied starting with hazard analysis and determination for critical control points (CCP).

Local Situation

In Hong Kong, various food businesses have successfully introduced HACCP in their operation including food factories for the production of ham, sushi and sashimi, smoked salmon, and school lunchboxes. Some are small and medium sized enterprises. The success of a HACCP system depends on educating and training management and employees on the importance of their role in producing safe food.

Education and Training

Effective training is an important prerequisite to the successful implementation of a HACCP plan. The Centre for Food Safety (CFS) provides a vast amount of resource materials on the [designated CFS webpage on HACCP](#) for the trade and public to better understand the HACCP principles and practices. In addition, various food safety guidelines based on the HACCP system are published for food businesses serving specific foods (e.g. siu-mei and lo-mei, sushi and sashimi, "Poon Choi", school lunchboxes, other ready-to-eat foods such as sandwiches, salads, and snowy mooncakes) and catering services preparing foods for particular populations (e.g. for children and for the elderly). To further facilitate the trade to implement the HACCP plan, the CFS organises a series of [Trade Talks and Workshops on HACCP](#) each year. Operators of food businesses which do not already have HACCP plan in place are highly encouraged to make use of the resources to provide training for the staff and to develop a HACCP-based Food Safety Plan, with an ultimate aim to implement the HACCP system. Food businesses which are ready should embark on the HACCP system for food processing so that food safety can be better enhanced.

青口受下痢性貝類毒素污染

Mussels Contaminated with Diarrhetic Shellfish Toxins



食物事故點滴 Food Incident Highlight

食物安全中心在三月接獲澳洲有關當局通報，指該國正回收塔斯曼尼亞Spring Bay捕獲的青口，因它們被驗出含下痢性貝類毒素。中心接報後即時禁止產自該區的青口進口及在港出售，以免市民因進食受污染的青口而中毒。

In March, the Centre for Food Safety (CFS) was notified by the Australian authorities that mussels harvested from Spring Bay, Tasmania, Australia were under recall due to the detection of unsatisfactory levels of diarrhetic shellfish toxins (DSTs). The CFS then **banned** the import into and sale within Hong Kong of all mussels harvested from the area to protect the local population from possible diarrhetic shellfish poisoning (DSP).

下痢性貝類毒素是藻類產生的天然海洋毒素。介貝類水產屬濾食動物，在藻類大量繁殖期間或過後的短時間內，其體內積聚的下痢性貝類毒素有可能大增，吃了會令人致病。吃下含下痢性貝類毒素的介貝類水產，在半小時至數小時內會開始出現腹瀉、噁心、嘔吐及腹痛。患者通常會於兩至三天內痊癒。

DSTs are naturally occurring marine toxins produced by algae. Shellfish are filter feeders. Especially during or shortly after algal blooms, shellfish may accumulate DSTs reaching a level that can make people sick. The main symptoms of DSP are diarrhoea, nausea, vomiting and abdominal pain, which usually occur between 30 minutes and a few hours after consuming contaminated shellfish. Affected persons usually recover within 2-3 days.

下痢性貝類毒素非常耐熱，烹煮並不能將之消除。為避免攝入這種毒素，在烹煮貝類前先除去其內臟，避免食用烹調汁液及每次只吃少量。

DSTs are heat-stable and cannot be destroyed through cooking. To prevent DSP, remove the viscera of the shellfish before cooking, avoid consuming the cooking sauce and eat only a small amount of shellfish in one meal.

茶葉含高氯酸鹽的跟進工作

Follow-up on Perchlorate in Tea Leaves

鑑於早前有傳媒報道指歐洲發現產自內地的茶葉含有高氯酸鹽，食物安全中心從市面抽取了三十個進口茶葉樣本檢測其高氯酸鹽含量，結果全部樣本通過檢測(低於每公斤茶葉含0.75毫克高氯酸鹽的行動水平)。該行動水平是參照歐洲委員會成員會採用的茶葉標準而制定。

In view of earlier media reports that Mainland-produced tea leaves available in Europe were found to contain perchlorate, the Centre for Food Safety (CFS) has collected 30 imported tea leaf samples for testing of perchlorate levels. All samples passed the tests (i.e. they did not exceed the action level of 0.75 mg/kg dried leaves). This action level has been developed after taking reference from the "reference values for intra-Union trade" on dried tea used by European Commission.

近年，愈來愈多人關注環境和食物中的高氯酸鹽對健康的影響。人體如長時間攝取過量高氯酸鹽，可能導致甲狀腺機能減退。雖然風險評估結果顯示本港市面上銷售的茶葉所含的高氯酸鹽分量不會影響消費者的健康，但中心仍會保持警覺，繼續跟進國際食品安全當局的最新評估，以保障市民健康。

In recent years there has been increasing interest in perchlorate in the environment and foods and what health effects they may have. Prolonged exposure to excessive amounts of perchlorate may lower thyroid activity. Risk assessment showed the perchlorate levels of tea leaves available in local market would not pose a health risk to consumers. Nevertheless, the CFS will remain vigilant and keep in view the future developments of the international food safety authorities to protect public health.

風險傳達 工作一覽 Summary of Risk Communication Work

風險傳達工作一覽 (二零一六年四月) Summary of Risk Communication Work (April 2016)		數目 Number
事故/食物安全個案 Incidents / Food Safety Cases		137
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業界查詢 Trade Enquiries		220
食物投訴 Food Complaints		489
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給消費者的食物警報 Food Alerts to Consumers		2
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