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## 焦點個案 Incident in Focus

## 魚類樣本驗出

## 2019冠狀病毒病病毒 - 該擔心嗎?

## COVID-19 Virus Found on Fish Samples - Should I be Concerned?

食物安全中心風險評估組  
科學主任莊梓傑博士報告

Reported by Dr. Ken CHONG, Scientific Officer,  
Risk Assessment Section, Centre for Food Safety

### 背景

上月，一批印尼進口冷凍(冰鮮)鮫魚在預防性檢測中驗出其表面及包裝均對2019冠狀病毒病病毒檢測呈陽性反應。食物安全中心立即追查該批魚類的分銷情況，相關部門則在涉事街市及魚檔進行深層清潔及消毒。有顧客對於是否會透過冷凍或冷藏食品感染2019冠狀病毒病表示擔心。在此，我們會討論有關的風險。

### Background

Last month, COVID-19 virus was tested positive in both food surfaces and food packaging in a batch of chilled pomfret fish from Indonesia. The Centre for Food Safety immediately traced the food's distribution, with deep cleansing and disinfection in concerned markets and stalls followed up by relevant government departments. Some shoppers expressed concern over the stake of acquiring COVID-19 through chilled or frozen foods. Hereby we shall discuss the relevant risks.

### 經食物或包裝傳播給消費者的可能性

世界衛生組織指出，人類不大可能從食物或食品包裝感染2019冠狀病毒病。冷凍或冷藏食品與其他物件一樣，也可受到2019冠狀病毒病病毒污染，尤其是經病毒感染者處理後。然而，病毒不能在食物中或死物表面繁殖，而是會分解並降低傳染性。樣本驗出對病毒呈陽性反應，並不表示存有活的病毒，而是表示之前曾受病毒污染，因

### Possibility of Transmission to Consumers via Food or Packaging

According to the World Health Organization, it is highly unlikely that people can contract COVID-19 from food or food packaging. Chilled or frozen foods, like other objects, can be contaminated with COVID-19 virus, especially when handled by infected people. However, rather than multiply in food or on inanimate surfaces, the virus will degrade and become less infectious. Samples being found positive does not mean the presence of viable virus but otherwise previous contamination with the virus, as the test only detects genetic



圖1: 消費者的加強衛生貼士  
Figure 1: Some Tips for Consumers to Enhance Hygiene.

焦點個案  
Incident in Focus

為檢測只測試2019冠狀病毒病病毒的基因物質，即核糖核酸。雖然有實驗報告指2019冠狀病毒病病毒可在不同的表面存活，尤其是在較低的溫度下，但這些結果未必適用於實際情況，因為這些實驗通常是在實驗室的受控環境中進行。總括而言，對病毒呈陽性反應的食品樣本對消費者的風險甚低。

在以往的報告中，冷凍或冷藏食品樣本對病毒呈陽性反應，通常是指存有病毒的核糖核酸，但並非活的病毒。這表示病毒可在低溫下持續存在，但通常已分解為基因殘餘。冷凍或冷藏食品處理人員，尤其在進口層面的人員，可能會面對較高的風險，因為這些食品經他們第一手處理，而食品來源地持續有2019冠狀病毒病報告個案。因此，冷凍或冷藏食品處理人員除了應盡快接種2019冠狀病毒病疫苗外，還要加強個人及環境衛生，做好個人防護措施，以減低感染2019冠狀病毒病的風險。他們亦應在進口層面消毒食品包裝及凍房工作環境。

### 處理冷凍或冷藏食品的衛生措施

雖然經食物或食品包裝感染2019冠狀病毒病的風險甚低，但在處理食物(包括冷凍及冷藏食品)時應時刻遵守良好衛生規範。有人會選擇在購物後以酒精濕紙巾或噴劑來消毒食品包裝表面，但更重要的是要經常清洗雙手。此外，應注意佩戴即棄手套可能會令人有安全的錯覺，其實絕不能代替洗手。在除下用過的手套時，雙手也可能會受到污染，因此應立即洗手。消費者可參閱圖1的實用提示以加強衛生。

至於濕貨街市或其他食物業的冷凍或冷藏食品處理人員，他們應加強清潔及消毒，特別是雪櫃把手及食物鉗等頻密接觸點。如可能的話，最好移除或取代頻密接觸點，例如魚檔供消費者使用的毛巾可以酒精搓手液取代。此外，食品處理人員亦須加強衛生措施，例如經常清潔雙手、保持社交距離，以及佩戴口罩及面罩等防護裝備。

### 注意事項

1. 冷凍或冷藏食品與其他物件一樣，也可受到2019冠狀病毒病病毒污染，尤其是經病毒感染者處理後。
2. 雖然病毒可在低溫下持續存在，但病毒不能在食物中或死物表面繁殖，而是會分解並降低傳染性。
3. 人類不大可能從食物或食品包裝感染2019冠狀病毒病。

### 給市民的建議

- 經常保持個人、食物及環境衛生。
- 徹底煮熟食物，以保障食物安全。
- 時刻保持雙手清潔，尤其在處理生的食物後、如廁後及進食前。

### 給業界的建議

- 食物業員工應時刻保持手部衛生，佩戴適當的個人防護裝備，並經常清潔和消毒物件表面，特別是工作環境內的頻密接觸點。
- 食物業員工如患有或懷疑患有傳染病或出現病徵，應停止工作和盡早求醫。
- 食物業經營者應鼓勵員工盡快接種2019冠狀病毒病疫苗。

materials of COVID-19 virus, i.e. ribonucleic acid (RNA). Although there were experimental reports on the survival of COVID-19 virus on different surfaces, especially at lower temperatures, these results may not be applicable to real life situations as these experiments are usually conducted under controlled environments in the laboratory. In sum, the risk of virus-positive food samples posed to consumers is very low.

Previous reports on virus-positive chilled or frozen food samples usually indicate the presence of viral RNA but not live virus. This suggests that low temperature may allow the persistence of the virus that has usually been degraded to genetic remnants. Workers handling chilled or frozen foods, especially those at import level, could be at higher risk, as they handle these foods firsthand from places with continued reporting of COVID-19 cases. Therefore, apart from receiving COVID-19 vaccination as soon as possible, workers handling chilled or frozen foods should [enhance personal and environment hygiene](#) and take adequate personal protection measures to minimise the risk of COVID-19 infection. They should also [disinfect the food package together with the environment of cold stores at import level](#).

### Hygienic Measures for Handling Chilled or Frozen Foods

Although the risk of contracting COVID-19 via food and food packaging is low, people should always uphold [good hygiene practices](#) when handling foods, including both chilled and frozen ones. While some people may choose to disinfect food packaging surfaces with alcohol-based wipes or sprays after shopping, it is more important to practice frequent hand washing. Moreover, people should be aware that wearing disposable gloves may lead to a false sense of security, and that wearing gloves should never be a substitute for hand washing. Hands can be contaminated during the removal of used gloves, which therefore should be followed by hand washing. Some practical reminders for consumers on enhancing hygiene are provided in Figure 1.

As for workers handling chilled or frozen foods in wet markets or other food businesses, they should step up cleansing and disinfection, especially over high-touch points such as handles of refrigerators and food tongs. If possible, high-touch points may better be removed or replaced, for instance, towels placed at fish stalls for consumers can be replaced with alcohol-based handrubs. Furthermore, food handlers also need to reinforce hygiene practices such as frequent hand washing, physical distancing, and wearing protective equipment like masks and face shields.

### Key Points to Note

1. Chilled or frozen foods, like other objects, can be contaminated with COVID-19 virus, especially when handled by infected people.
2. Although low temperature may allow the persistence of the virus, it cannot multiply in food or on inanimate surfaces and will degrade and become less infectious.
3. It is highly unlikely that people can contract COVID-19 from food or food packaging.

### Advice to the Public

- Maintain personal, food and environmental hygiene at all times.
- Cook food thoroughly to safeguard food safety.
- Always keep hands clean, particularly after handling raw food, after going to toilet and before eating.

### Advice to the Trade

- Staff working in the food sector should always maintain hand hygiene, wear appropriate personal protection equipment, and frequently clean and disinfect surfaces, especially high-touch points in the working environments.
- Staff working in the food sector should cease engaging in work and seek medical advice promptly when suffering or suspected to be suffering from infectious diseases or related symptoms.
- Food business operators should encourage their staff to receive COVID-19 vaccination as soon as possible.

# 禁止在食物中使用「部分氫化油」—— 保護香港市民心臟健康的重要里程碑

## Banning Partially Hydrogenated Oils (PHOs) in Foods – A Key Milestone in Protecting Hong Kong People's Heart Health

食物安全中心風險評估組  
科學主任林伏波博士報告

Reported by Dr. Violette LIN, Scientific Officer,  
Risk Assessment Section, Centre for Food Safety

心血管疾病包括心臟病及中風，是全球主要的死亡原因之一，而香港亦不例外，心臟病是二零一九年本港的第三號殺手。每年九月二十九日舉行的世界心臟日，旨在提醒大眾可以採取行動來預防和控制心血管疾病。隨着香港即將禁止在食物中使用「部分氫化油」（即工業生產的反式脂肪的主要來源），香港市民將得到更大的保護，以防止心血管疾病。現在讓我們回顧本地為禁用「部分氫化油」奠定基礎，以更佳地保障大眾心臟健康的一些措施。

### 控制食品供應中工業生產的反式脂肪及「部分氫化油」的全球策略

工業生產的反式脂肪是**對心臟健康危害最大的脂肪**，既增加血液內的「壞」膽固醇，又使「好」膽固醇減少。二零一八年，世界衛生組織(世衛)把工業生產的反式脂肪列為食品中的**人造有害化合物**，並呼籲各方共同努力，在二零二三年或之前在全球食品供應中將之停用。

同年，香港政府也發表了《**邁向2025：香港非傳染病防控策略及行動計劃**》，作為保護全民心臟健康的路線圖。該計劃闡明，本港須採取策略，以期在食品供應中限制飽和脂肪和停用「部分氫化油」。為了實現這項目標，食物安全中心(食安中心)採用了世衛在其《**REPLACE** 行動方案》內提出的其中一種良好作業方式，把「部分氫化油」列為有害物質，從源頭消除工業生產的反式脂肪。

### 禁用「部分氫化油」保護心臟健康但無損食品選擇

二零二一年七月十四日，立法會通過了新規例2021年食物內有害物質(修訂)規例(規例)，禁止進口和銷售任何含有「部分氫化油」的食品及油脂。《修訂規例》將於二零二三年十二月一日生效。不少食物商已採取行動，採購不含「部分氫化油」的配料，並按世衛所建議**以較健康的油脂**取代含有「部分氫化油」的油脂。

### 食安中心持續努力促進業界生產不含「部分氫化油」及反式脂肪含量低的食物

自二零零七年起，食安中心一直加強教育工作，讓公眾認識反式脂肪對健康的風險。食安中心又進行了多項**研究**，以監察不同食品中的反式脂肪含量，並根據研究結果，傳達教育及宣傳訊息，亦分別在二零零八年及二零二零年發出**減少反式脂肪及取代工業生產的反式脂肪**的業界指引。

Cardiovascular diseases (CVDs), such as heart disease and stroke, are among the leading causes of death globally. Hong Kong, where heart disease was the third leading cause that claimed lives in 2019, is not spared. The World Heart Day is celebrated every year on 29 September and it highlights the actions one can take to prevent and control CVDs. Hong Kong people will have more protection against CVDs as Hong Kong is going to **ban** on partially hydrogenated oils (PHOs), the main culprit of industrially-produced trans fatty acids (IP-TFAs), in foods. Now let us go through some local initiatives that lay the groundwork for banning PHOs to better safeguard our heart health.

### The Global Policy in Controlling IP-TFAs and PHOs in the Food Supply

IP-TFAs are **the fats most hazardous for heart health**, increasing the 'bad' cholesterol and driving away the 'good' cholesterol in blood. In 2018, the World Health Organization (WHO) regarded IP-TFAs as **man-made harmful compounds** found in foods. It also called for concerted efforts in eliminating IP-TFAs from the global food supply by 2023.

In the same year, the Hong Kong Government also issued the '**Towards 2025: Strategy and Action Plan to Prevent and Control Non-communicable Disease in Hong Kong**' (SAP) as the roadmap to protect overall heart health. The SAP spells out the local adoption of territory-wide policies to limit saturated fatty acids (SFAs) and eliminate PHOs in the food supply. To reach this goal, the Centre for Food Safety (CFS) has taken on one of the best-practice policies in the WHO's **REPLACE Action Package**, eliminating IP-TFAs at source by regarding PHOs as harmful substances.

### Banning PHOs Protects Heart Health Without Undermining Food Choices

On 14 July 2021, the Legislative Council passed the Harmful Substances in Food (Amendment) Regulation 2021 (the Amendment Regulation) in prohibiting the import and sale of any foods, fats and oils that contain PHOs, which will come into force on 1 December 2023. Many traders have already taken actions to source non-PHO ingredients and replace PHO-containing ones with **healthier oils or fats** recommended by the WHO.

### CFS Continuous Efforts to Facilitate Traders to Produce Foods Without PHOs and Low in TFAs

Since 2007, the CFS has stepped up educational efforts in parallel to inform the public of the health risks related to TFAs. The CFS has conducted a number of **studies** to monitor the TFA contents in different foods. The results have been translated into education and publicity messages as well as trade guidelines on **reducing TFAs** and **replacing IP-TFAs** issued in 2008 and 2020 respectively.

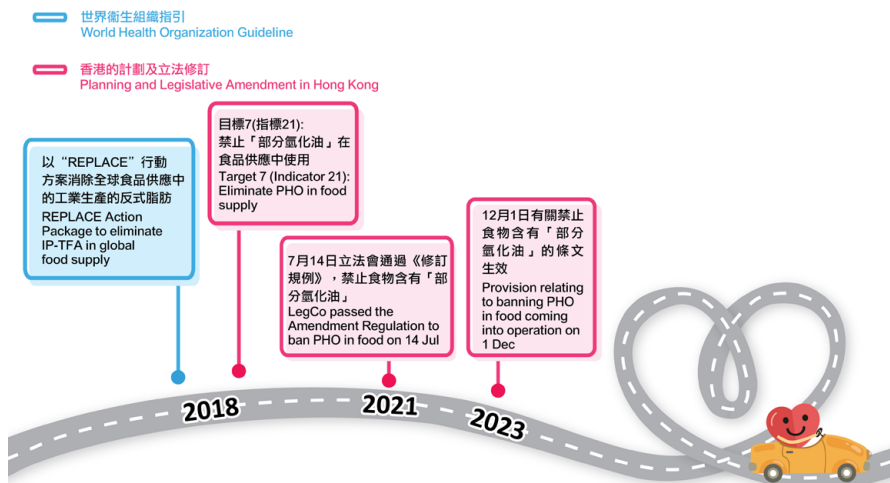


圖2：本地食品禁用「部分氫化油」（即工業生產的反式脂肪的主要來源）的里程碑  
Figure 2: Milestones in banning partially hydrogenated oils (PHOs), the main source of industrially-produced trans fatty acids (IP-TFAs), in local foods.

除了採取立法行動外，食安中心一直多管齊下，實施世衛建議的其他措施來限制食品中的反式脂肪含量。舉例來說，二零一零年七月實施的營養資料標籤制度強制規定，預先包裝食品必須在營養標籤上標示反式脂肪含量。此外，有關嬰兒配方產品的規定於二零一五年十二月實施，當中反式脂肪的含量不得超過總脂肪含量的3%。

《修訂規例》將有助香港市民進一步減少患上心臟病的風險，並可促進政府、業界與公眾共同合作，保障市民健康，免受「部分氫化油」的影響。

Along with [implementation of legislative actions](#), the CFS has been deploying a multi-pronged approach by implementing other WHO's recommended measures to restrict the amount of TFAs in foods. For example, the Nutrition Labelling Scheme implemented in July 2010 has mandated the TFA contents of prepackaged foods to appear on the [nutrition labels](#). As for infants, a TFA limit of less than 3% of the total fat in [infant formula](#) was enforced in December 2015.

The Amendment Regulation will take a step further in reducing the risk of developing heart diseases among Hong Kong people. It can protect Hong Kong people against the adverse health effects of PHOs, with concerted efforts of the government, the trade and the public.

食物事故點滴

Food Incident Highlight

## 預先包裝切開的水果含有沙門氏菌

### Salmonella in Prepackaged Cut Fruits

食物安全中心最近公布，在恆常食物監測計劃中抽取的一個預先包裝切開的水果樣本檢測結果不合格，原因是含有沙門氏菌。涉事食肆及食物製造廠已被指示即時停售有關食品。

沙門氏菌是一類可透過受污染食物傳播給人类的致病細菌。[高危人士](#)一旦受感染，特別容易出現嚴重的併發症。預先包裝切開的水果屬高風險食物，因為這些水果是生吃的，不會經過熱處理來殺死存在的有害微生物，而且在製備過程中涉及大量人手處理工序，存有交叉污染的風險。此外，若貯存溫度不當，例如攝氏4度或以上，也會助長沙門氏菌生長。

在製作預先包裝切開的水果及沙律等高風險食品時，業界應遵從優良製造規範，並採用[食物安全系統](#)。消費者應妥善貯存預先包裝切開的水果，並在過期前食用。為安全起見，高危人士應避免進食預先包裝切開的水果。

The Centre for Food Safety recently [announced](#) that a sample of prepackaged cut fruits collected during the routine Food Surveillance Programme was found unsatisfactory due to the presence of *Salmonella*. The restaurant and the food factory involved were instructed to stop selling the product immediately.

*Salmonella* is a group of bacteria that can be transmitted to humans by contaminated food and cause illness. Susceptible individuals, once infected, are especially at risk for serious complications. Prepackaged cut fruits are high-risk foods as they are eaten raw, receive no heat treatments to kill harmful microorganisms present, and require much manual handling that risks cross-contamination during preparation. Furthermore, inappropriate storage temperature, say 4°C or above, can promote the growth of *Salmonella* present.

The trade should follow the Good Manufacturing Practice and adopt [food safety systems](#) in the production of high-risk foods like prepackaged cut fruits and salads. Consumers should store prepackaged cut fruits properly and consume them before expiry. Susceptible individuals should avoid prepackaged cut fruits for safety's sake.

## 加強葵涌海關大樓的海路進口食物管制措施

### Enhancement of Control Measures for Food Imported by Sea at Kwai Chung Customhouse

食物安全中心(食安中心)在葵涌海關大樓食物檢查站(葵涌檢查站)進行優化工程，加設食物檢查室及冷藏設施，預計於二零二一年第三季竣工及啟用。新設施啟用後，有助加強檢查目標食物批次，尤其是經海路進口的冷藏食品。新安排亦可提升葵涌檢查站的使用率及食物檢查的效率。

食安中心採用風險為本的方法管制進口食物，包括檢查和抽取食物樣本作測試。封條完整的貨櫃檢查會在葵涌檢查站、進口商的倉庫或凍房進行。欲知更多資料，請瀏覽食安中心[網頁](#)。

The Centre for Food Safety (CFS) has improved the food inspection checkpoint of the Kwai Chung Customhouse (KCCH Checkpoint) with the provision of a food inspection room and cold store facility. The enhancement is scheduled for completion and use in the third quarter of 2021. The commissioning of the new facilities can facilitate the inspection of targeted food consignments, especially frozen food imported by sea. The new arrangement will also enhance the utilisation of the KCCH Checkpoint and the efficiency of food inspection.

The CFS adopts a risk-based approach for imported food control, including inspection and food sample collection for testing. Physical inspections of the original sealed containers can be conducted at the KCCH Checkpoint, in warehouses or cold stores of the importers. Please visit the CFS' [website](#) for further information.



## 風險傳達工作一覽 (二零二一年八月)

### Summary of Risk Communication Work (August 2021)

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