食物安全焦點
Food Safety Focus

食物安全中心
Centre for Food Safety

食物環境衞生署
Food and Environmental Hygiene Department

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食物事故監測系統
Food Incident Surveillance System

食物安全中心風險管理組
科學主任翁智仁先生報告

Reported by Mr. Kenneth YUNG, Scientific Officer, Risk Management Section, Centre for Food Safety

香港大部分(超過90%)食物為進口食物。隨著電子商貿日益增長，本地消費者得以從海外及鄰近地區等更多不同來源購買食物製品。與此同時，消費者也可能受香港以外發生的食物事故影響。食物安全中心(食安中心)食物事故監測系統負責監察世界各地有可能影響食物安全的食物事故，作用重大。食物事故監測系統從多個不同來源收集資訊，因此每當世界各地發生與香港有關的食物事故時，食安中心便能迅速作出應變，保障本港市民健康。過去多年，食物事故監測系統每年監察到約2 000宗食物事故。

In Hong Kong, a majority (more than 90%) of food is imported. With the increasing trend of electronic commerce, local consumers are able to acquire food products from more sources including overseas and neighbouring areas. At the same time, they may be affected by food incidents outside Hong Kong. The Food Incident Surveillance System (FISS) of the Centre for Food Safety (CFS) is an important tool for monitoring food incidents with potential food safety implications around the globe. The FISS collects information from multiple sources so that the CFS can react rapidly to global food incidents relevant to Hong Kong and safeguard the health of the local public. In the past years, around 2 000 incidents were identified by the FISS annually.

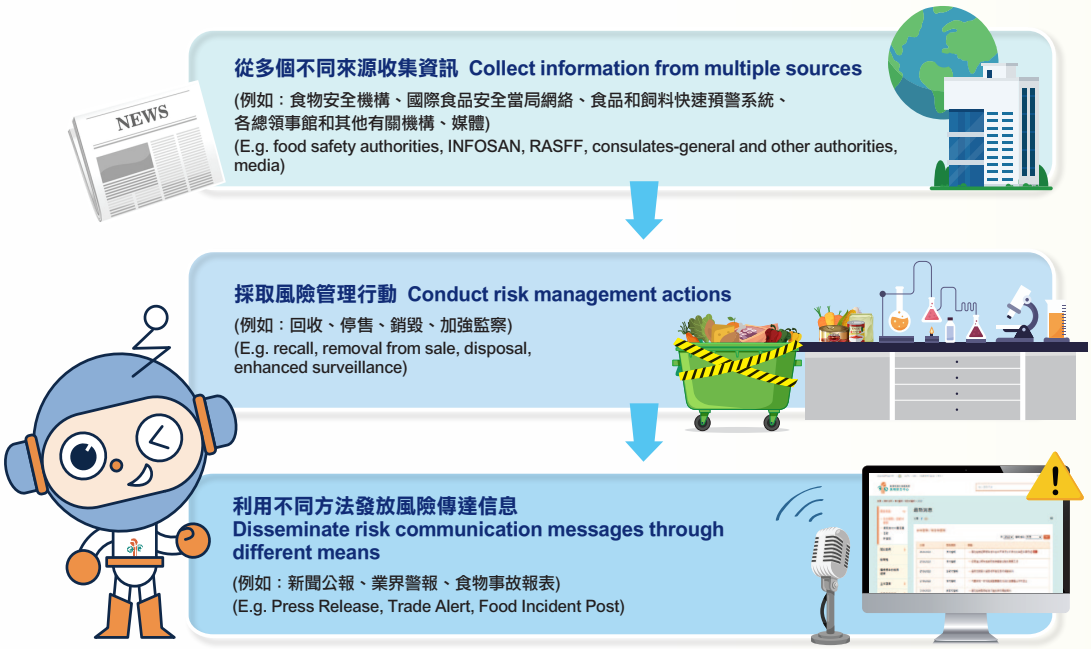

圖1：食安中心處理食物事故資訊的工作流程
Figure 1: Workflow of processing of food incidents information by the CFS

資料來源

通過食物事故監測系統，食安中心從多個不同來源收集關於有可能影響食物安全的食物事故資訊，當中包括海外食物安全機構、國際食品安全當局網絡和歐洲聯盟(歐盟)食品和飼料快速預警系統等國際食物安全資訊網絡、各總領事館、其他經濟體的有關機構及媒體等。

Source of Information

Through the FISS, the CFS collects information of food incidents with potential food safety implications from multiple sources, including overseas food safety authorities, international food safety information networks such as the International Food Safety Authorities Network (INFOSAN) and the Rapid Alert System for Food and Feed (RASFF) of the European Union (EU), Consulates-General (CGs) and authorities of other economies and the media etc.

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食物安全機構

食物事故監測系統收集世界各地的食物安全及衞生機構網站內與食物安全事故相關的消息和公布，包括食物回收行動、安全警報、不合格的食物測試結果及食物事故的爆發，涵蓋亞洲、大洋洲、歐洲、美洲及非洲地區。

國際食品安全當局網絡

國際食品安全當局網絡包含了大部分世界衞生組織和聯合國糧食及農業組織成員國的國家機構。食安中心是國際食品安全當局網絡在香港特別行政區的指定聯絡點，故此能通過該網絡與其他食物安全機構保持緊密溝通，以及在該網絡接收及提供資訊。一旦發生重大國際食物安全事故或嚴重公共衞生事件，而受污染的食物製品可能或證實已大規模分銷到世界各地，國際食品安全當局網絡便會發出全球預警，並通知相關成員國採取所須的相應跟進行動。

歐盟食品和飼料快速預警系統

食品和飼料快速預警系統是歐洲國家以及相關非歐盟成員的國家食物安全機構之間的食品和飼料資訊交流網絡。食品和飼料快速預警系統接獲成員通知出現與食物有關的公眾健康風險後，便能識別及追查追蹤受污染的食物，繼而向各有關機構發出預警。當香港涉及有關食物製品的分銷或是有關製品的來源地時，食安中心便會接獲食品和飼料快速預警系統的通報。

各總領事館和其他有關機構

食安中心與各總領事館和其他有關機構保持緊密聯繫，以便在發生與本港有關的食物事故時迅速收集資訊，並採取必要的跟進措施。

媒體

在部分個案中，相較各食物安全機構的官方通報或警報，媒體或會更早報導有關某些食物製品的食物安全事故。為收集這些事件的資訊，食物事故監測系統亦會監察傳媒機構或獨立機構有關食物安全事故的新聞報導。這些資訊會用作食物事故的有用情報，同時食安中心也會向有關機構獲取官方資料。

跟進行動

食安中心會根據食物事故監測系統收集得來的資訊制訂風險管理策略，以保障本地消費者健康。食安中心會從進口、批發及零售層面查證受影響的食物是否與本港有關和在本地出售，並會聯絡業界(包括進口商和零售商)查詢他們是否曾進口或計劃進口有關批次的食品到香港。此外，食安中心會與其他食物安全或衞生機構、國際食物安全資訊網絡及各總領事館保持溝通，以就受影響食物的風險和分銷狀況獲取或提供具體資料。食物安全調查結果偶爾或會顯示某種食物可能存在健康風險，因此須進行風險評估，以提供資料用於作出決策，從而減低風險。如有需要，可回收、停售及／或銷毀有關食物，並可加強監測同類食物。制定食安中心食物監測計劃的抽樣方案時，也可把食物事故的趨勢納入考慮。有關風險管理行動的資訊會通過新聞公報、業界警報或食物事故報表等不同途徑發放。

結語

食物事故監測系統從全球多個不同來源收集食物事故資訊，以便及早監察到與本港有關的食物事故，並迅速採取風險管理行動，保障香港的食物安全。

Food Safety Authorities

The FISS captures news and announcements related to food safety issues including food recalls, safety alerts, unsatisfactory test results of food and outbreaks of food incidents from websites of food safety and health authorities from around the world, covering Asian, Oceania, European, American and African regions.

INFOSAN

The INFOSAN network includes most of the national authorities of the World Health Organization (WHO) and the Food and Agriculture Organization of the United Nations (FAO) member states. The CFS is the designated focal point for INFOSAN in the Hong Kong Special Administrative Region, allowing the CFS to maintain close communication with other food safety authorities through the network and also to receive and contribute information to the network. In case there is a serious international food safety incident or serious public health event associated with potential or confirmed widespread international distribution of a contaminated food product, INFOSAN will issue global alerts and notify respective member states for necessary follow up actions accordingly.

RASFF of the EU

RASFF is a network for exchange of information related to food and feed among national food safety authorities of European countries, as well as concerned non-member countries. RASFF receives notification from its members regarding the existence of risk to public health linked to food, enabling identification and tracing of incriminated food. Alert notifications may then be issued to concerned authorities. The CFS receives notifications from RASFF when Hong Kong is involved in the distribution or as the origin of concerned products.

Consulates-General and Other Authorities

The CFS maintains close liaison with CGs and other authorities to facilitate rapid information collection and necessary follow up measures in response to food incidents of local relevance.

Media

In some cases, media reports of food safety issue of certain food products may arise earlier than official notices or alerts from food safety authorities. In order to capture such events, news reports on food safety issues reported by media agencies or independent agencies are also monitored by the FISS. Such information will serve as useful intelligence of food incidents, while official information would be obtained from relevant authorities.

Follow-up Actions

Based on the information collected through the FISS, the CFS would develop risk management strategies in order to safeguard the health of the local consumers. Local relevance and availability of the affected food in import, wholesale and retail levels would be checked. Traders including importers and retailers would be contacted to check if they have imported or plan to import the concerned batch of product to Hong Kong. On-going communication with other food safety or health authorities, international food safety information networks and CGs would be maintained in order to obtain or provide specific information on the risk and distribution of the affected food. Occasionally, the results of the food safety investigation may suggest that a food has a possible health risk, necessitating a risk assessment to inform a decision to mitigate the risk. Recall, removal of sale and/or disposal of the concerned food could be implemented as necessary. Enhanced surveillance of similar food may also be conducted. Trends of food incidents may be taken into account when drawing up the sampling plan of Food Surveillance Programme of the CFS. Information of risk management actions would be disseminated through different means, such as Press Release, Trade Alert or Food Incident Post.

Conclusion

The FISS collects information of food incidents from different sources around the world to facilitate early detection of food incidents with local relevance and prompt implementation of risk management actions to safeguard food safety of Hong Kong.

外賣及餐飲配送的食物安全
Food Safety on Takeaways and Meal Delivery

食物安全中心風險傳達組
研究主任鄭基慧女士報告

Reported by Ms. Amy CHENG, Research Officer,
Risk Communication Section, Centre for Food Safety

送餐服務在過去數年以前所未有的速度增長，顧客也欣然接受從第三方網上送遞平台訂購上門送遞食物的新選擇。值得注意的是，外賣及送餐有食物在攝氏4至60度的危險度範圍內存放過久的潛在風險，在此度範圍內致病微生物可在食物中迅速滋長。顧客希望尤如在餐廳享用食物一般，無須擔心食物安全或食物是否曾被干擾，原因顯而易見。食物業界應確保為顧客製備的食物在安全及未受污染的狀態下送達。

Meal delivery service has grown in unprecedented ways over the past few years, and customers have embraced the new alternatives of ordering food door-to-door through third-party online delivery platforms. Of note, takeaways and meal delivery are potentially at danger of extended exposure to the Temperature Danger Zone between 4°C and 60°C, which permits the fast growth of disease-causing microorganisms in food. It is easy to see why customers want to enjoy their food as if they were in a restaurant, without having to worry about food safety or if the food has been tampered with. Food businesses should ensure that the food they prepare for customers is delivered safe and uncontaminated.

配送食物常見的食物安全風險

大部分食肆在繁忙時段均要應付對餐盒極為殷切的需求，因而或會為求方便，在送遞人員取走食物前過早製備食物，把食物在室下存放一段時間。若在送遞過程中時間和度控制不當，便可能令問題更嚴重。若送遞人員沒有保持個人衞生及運送車輛清潔，也可能導致交叉污染。干擾食物的行為，據報也曾發生。

Common Food Safety Risks Related to Food Delivery

Most restaurants have an exceedingly higher demand for meal boxes during peak hours. They may prepare food too early before it is picked up by deliverers for the sake of convenience, leaving it at room temperature for some time. This can be exacerbated by poor time and temperature control during delivery. Cross-contamination is also possible if the deliverers fail to keep personal hygiene and delivery vehicles clean. Tampering activities, have been reported on occasion.

圖2：把食物存放於安全温度和「2小時／4小時原則」
Figure 2: Keep food at safe temperature and the "2-hour/4-hour principle"

熱食送達時仍熱，冷食送達時仍冷

業界必須慎防即食食物送遞給消費者時變得不安全或不宜進食。由於大部分致病細菌均可在危險温度範圍內迅速大量繁殖，由製備至送遞過程中保持熱食於攝氏60度以上，冷食於攝氏4度或以下尤為重要。需要存放在雪櫃的食物在待取和運送期間必須保持低温，例如放在放有冰墊的隔熱袋內。須保的熱食也應裝在隔熱袋(圖2)內。然而，若食物在沒有度控制的情況下運送，時間控制便是確保食物安全的唯一方法，務必遵從「2小時／4小時原則」(圖2)。第三方送遞商可使用應用程式等技術，向送遞人員提供最佳送遞路線，盡量縮短送遞時間。

Hot Food Arrives Hot and Cold Food Arrives Cold

All ready-to-eat food must be delivered to consumers in a manner that prevents it from becoming unsafe or unfit to eat. Because most disease-causing bacteria multiply rapidly in the Temperature Danger Zone, it is critical to keep hot food above 60°C and cold food at or below 4°C from preparation to delivery. Food that needs to be refrigerated must be kept cool while awaiting to be picked up and in transport, for example, in an insulated bag with cooling gel pack. Food that has to be kept hot should also be packed in an insulated bag (Figure 2). However, if food is delivered without temperature control, time control is the only way to assure food safety. Always follow the two-hour/four-hour principle when dealing with meal delivery (Figure 2). Third-party delivery agents can use technology, such as apps to provide the optimal delivery route for food deliverers, to keep delivery times as short as possible.

保持餐飲不受干擾

提供外賣及送餐服務時，包裝方法是減少食物受干擾問題的重點。食物應存放在清潔、密封以及堅固的容器內，阻隔有害細菌、避免其他物件掉進食物並防止污染。防干擾包裝設計也是一項食物安全措施。撕開條或防干擾封條(圖2)等不可再密封的包裝能防止食物在送遞過程中受到干擾並確保食物安全及完好。食物送餐人員不應開啟、更改、干擾或改變食物及其包裝，並須確保餐盒妥為包

圖3：撕開條或防干擾封條等不可再密封的包裝能防止食物受到干擾並確保食物安全及完好
Figure 3: Non-resealable packaging such as tear strip or tamper-evident seals can deter tampering activities and secure food safety and integrity

Keep Meals Untampered

When offering takeaway and meal delivery services, proper food packaging is an important issue to mitigate tampering problems. Food should be stored in clean, sealed and sturdy containers to protect it from harmful bacteria, prevent objects from falling into it and avoid contamination. Anti-tamper packing design is also a food safety measure. Non-resealable packaging such as tear strips or tamper-evident seals (Figure 3) can deter tampering activities and secure food safety and integrity during

裝和擺放，以免食物溢出、受到擠壓或食物容器受損，並在整個送遞過程中把即食食物與生吃食物及非食品分開，保護食物免受交叉污染。

給消費者的建議

- 為安全享用外賣及外送餐飲，消費者應盡快收取並進食食物。消費者也可於收到食物後暫時存放在雪櫃內，並在進食前徹底翻熱。
- 避免訂購高危食物(例如壽司等沒有適當度控制的生吃或未煮熟食物)，尤其是高危人士。

delivery. Food deliverers should not open, alter, tamper with or change the food and its packaging. They must ensure proper packaging and positioning of the meal boxes to avoid spillage, crushing of food, or damage to food containers, as well as protect food from cross-contamination by separating ready-to-eat food from raw food and non-food items throughout delivery.

Advice to Consumers

- To enjoy takeaways and delivered meals safely, consumers should eat them as soon as they can. Alternatively, they can store the food in the refrigerator temporarily upon receiving and reheat it thoroughly before eating.
- High-risk delivery foods, such as raw or semi-cooked food like sushi with no proper temperature control, should be avoided, particularly for susceptible populations.

正確解凍冷藏牛肉
Defrost Frozen Beef Correctly

最近，網上出現關於把冷藏牛肉直接在水中沖洗解凍的討論，引起市民注意。雖然像餃子等一口大小的食物可以不經解凍便烹煮，但生肉等體積較大的食品在烹煮前應妥為解凍。

為確保食物安全，把冷藏食物放在攝氏0至4度的雪櫃內解凍是首選的方法。在雪櫃內解凍需時較長，通常要解凍一夜，應預先計劃，並把生的食物與熟的食物分開擺放。另一個方法是以流動的水解凍生牛肉。在進行解凍時，應把冷藏牛肉放在防漏的包裝或膠袋中，此舉既可防止牛肉的肌紅蛋白被洗走，又能減少飛濺的水花或帶有生牛肉中的致病原，因而污染工作枱面的情況。在室温下解凍生牛肉並不安全，因此不建議採用此解凍方法。

Recently, an online discussion on defrosting frozen raw beef by washing directly under water aroused public attention. While bite-sized foods such as dumplings can be cooked directly without defrosting, bigger items like raw meat should be properly defrosted before cooking.

To keep food safe, defrosting frozen food inside the refrigerator at 0-4°C is the preferred method. Defrosting food in a fridge can take time, usually overnight, so plan ahead and keep raw food separate from cooked food. Defrosting frozen raw beef under running water is an alternative method. When doing so, keep the frozen beef in a leak-proof package or plastic bag. This can avoid washing away the myoglobins in the beef and minimise the contamination of the countertop by the splashes which may contain pathogens from the raw beef. Defrosting raw beef at room temperature is unsafe and not recommended.

高危人士感染李斯特菌的風險
Risk of *Listeria* Infections in High-risk Population

李斯特菌在本地生產或進口的冷凍食品均時有發現。李斯特菌可在長時間貯存於攝氏4度或以下的冷凍食品中繁殖。出現問題的食物往往是凍食肉類、煙燻或生吃的海產、軟芝士、預製及貯存的沙律、未經高温消毒的奶和奶製品等即食食物，因為這些食物進食前往往未經烹煮或翻熱。感染李斯特菌可嚴重影響長者和免疫力較弱者等高危人士的健康，有可能出現敗血病、腦膜炎及腦炎等病症。受感染的孕婦能將細菌傳到胎兒，導致流產、胎兒夭折、早產或新生嬰兒病重。

為減低感染李斯特菌病的風險，高危人士應(1)盡量進食剛煮好的熱食；(2)徹底翻熱冷凍食物(中心温度達到攝氏75度)；及(3)避免進食或在進食前徹底煮熟高風險食物，即使有關食物只屬於一道菜色的一部分。

Listeria monocytogenes (LM) has been found in both locally manufactured and imported chilled food from time to time. LM can multiply in foods that are stored chilled at 4°C or below for extended period. This is an issue in ready-to-eat foods like cold cuts, smoked or raw seafood, soft cheeses, prepared and stored salads, unpasteurised milk and its products, as they are usually not cooked or reheated before consumption. Susceptible populations, including the elderly and immunocompromised, can suffer serious health consequences such as septicaemia, meningitis and encephalitis when infected. Infected pregnant women can transmit LM to their foetuses, leading to miscarriage, stillbirth, premature birth or serious illnesses in newborn babies.

To reduce the risk of LM infection, susceptible populations should (1) consume freshly prepared hot food where possible; (2) reheat chilled food until it is hot all the way through (core temperature reaches at least 75°C); and (3) avoid high-risk foods or cook them thoroughly before consumption, even if they are presented as part of a dish.

風險傳達工作一覽（二零二二年九月）
Summary of Risk Communication Work (September 2022)

事故/ 食物安全個案 Incidents/ Food Safety Cases: 213	公眾查詢 Public Enquiries: 94	業界查詢 Trade Enquiries: 187	食物投訴 Food Complaints: 404	給業界的快速警報 Rapid Alerts to Trade: 11
給消費者的食物警報 Food Alerts to Consumers: 7	懷疑食物中毒個案通報 Suspected Food Poisoning Alerts: 0	教育研討會/ 演講/ 講座/ 輔導 Educational Seminars/ Lectures/ Talks/ Counselling: 44	上載到食物安全中心網頁的新訊息 New Messages Put on the CFS Website: 55	