Antimicrobial-resistant bug

抗藥性細菌

要惡菌無處容身
做足食物安全五要點

Follow the 5 keys to food safety to prevent bugs

1
精明選擇
Choose wisely

選擇新鮮衞生的食物
Choose fresh and hygienic raw food

2
保持清潔
Keep clean

清潔雙手及食具
Wash hands and utensils

3
生熟分開
Separate raw and cooked food

分開生熟食物
Separate raw and cooked food

4
煮熟食物
Cook thoroughly

徹底煮熟食物
中心溫度達攝氏75度
Cook food thoroughly until its core temperature reaches 75°C

5
安全溫度
Keep food at safe temperature

存放食物於安全溫度
攝氏4度或以下或60度以上
Keep food at safe temperature of 4°C or below or above 60°C