



「生冷」食物係 高風險食物！

生或未熟的食物可能帶有
具耐藥性的「超級細菌」，影響
日後抗生素治病的效果。

Raw or undercooked food may contain
antimicrobial-resistant 'superbugs'
which would affect the effectiveness of
antibiotics in the future.



食安仔提提你
Advice from On

對付食物中的「超級細菌」有方法
How to address "superbugs" in food

高危人士
避免進食生冷食物



Susceptible populations avoid raw or
undercooked food

身體不適者
(如用藥中)
避免進食生冷食物



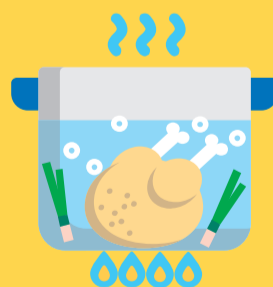
People who are sick (on medication
for example) avoid raw or
undercooked food

保持雙手清潔



Keep hands clean

徹底煮熟
食物最安全



Cook food thoroughly
for safety's sake

