



有關預防 2019 冠狀病毒病 相關的食物安全建議及常見問題

Food Safety Advice on Prevention of COVID-19 and FAQs

就世界衛生組織（世衛）就應對 2019 冠狀病毒病所發出的健康與食物安全建議，食物安全中心特別提醒市民要留意以下各項：

- 經常**保持雙手清潔**，特別是在觸摸口、鼻或眼之前；處理生的食物後；如廁後及進食前。洗手時，要用梘液搓手最少 20 秒；
- 分開處理生熟食物，特別是處理生肉及內臟，以免**食物交叉污染**；
- **徹底煮熟食物**，避免食用生或未煮熟的動物產品；
- 市民外遊時，**應避免接觸動物（包括野味）、禽鳥或其糞便**；避免到濕貨街市、活家禽市場或農場，亦不要進食野味及切勿光顧有提供野味的食肆。**返港時，千萬不要非法攜帶野味、肉類、家禽、蛋類入境。**

Based on the World Health Organization (WHO)'s health and food safety recommendations on COVID-19, the Centre for Food Safety reminds the public to pay attention to the followings:

- Always **keep hands clean**, particularly before touching your mouth, nose or eyes; after handling raw food; after going to toilet and before eating. Rub hands with liquid soap for at least 20 seconds when washing;
- Handle raw and cooked food separately, pay special attention when handling raw meat and offal, to **avoid cross-contamination of food**.
- **Cook food thoroughly** and avoid consuming raw or undercooked animal products.
- When traveling abroad, **avoid contact with animals (including games), poultry and their faeces**; avoid going to wet markets, live poultry markets or farms, and do not eat games or visit restaurants that serve games. **Do not bring game, meat, poultry, or eggs into Hong Kong illegally.**

常見問題 Frequently Asked Questions

1. 2019 冠狀病毒病會否經食物傳播？

根據現有的科學資料，目前沒有證據顯示人類是透過食物感染新型冠狀病毒。此外，世衛和各地的食物安全風險評估機構亦認為，人類不太可能透過食物而感染新型冠狀病毒。儘管如此，根據世衛有關食物安全的建議，市民應時

1. Can COVID-19 be transmitted via food?

According to the current scientific knowledge, there is no evidence indicating that human can be infected by the novel coronavirus via food. WHO and food safety assessment authorities in overseas countries considered that it is unlikely that the novel coronavirus can be transmitted to human via food. Nevertheless,

刻保持個人、食物及環境衛生，包括處理生熟食物前後洗淨雙手、徹底煮熟食物、生肉及內臟要與熟食分開處理等，以保障食物安全。

according to the recommendations from the WHO, members of public should always observe personal, food and environmental hygiene such as wash your hands between handling raw and cooked food, cook food thoroughly, and separate raw meat or animal organs from cooked food, etc. to ensure food safety.

2. 2019 冠狀病毒病會否透過食品包裝傳播？

最近有研究發現，在受控的實驗條件下，新型冠狀病毒可在物件表面存活數小時至數天。然而，這病毒不能在食物或食品包裝上繁殖，故在現實生活中透過食品包裝感染這病毒的風險似乎甚低。世衛表示，人類不大可能從食物或食品包裝感染 2019 冠狀病毒病。到目前為止，亦沒有證據顯示引致呼吸系統疾病的病毒可經食物或食品包裝傳播。在本港至今累計的一千多宗個案中，並無發現可能透過食品包裝傳播病毒的病例。2019 冠狀病毒病主要經呼吸道飛沫傳播，亦可通過接觸傳播。要預防接觸感染，市民應經常保持雙手清潔。

2. Can COVID-19 be Transmitted by Food Packaging?

Recent research suggested that the novel coronavirus can survive on surfaces or objects for few hours to several days under controlled, experimental conditions. However, the virus cannot multiply in food or food packaging. The risk of acquiring the virus through food packaging appears to be very low in the real-life situation. WHO states that it is highly unlikely that people can contract COVID-19 from food or food packaging. To date, there is also no evidence of viruses that cause respiratory illnesses being transmitted via food or food packaging. Among some 1000 cases reported locally in Hong Kong by far, there is no case identified to be potentially transmitted through food packaging. The main mode of transmission of COVID-19 is through respiratory droplets, the virus can also be transmitted through contact. To prevent contact transmission, members of public should perform proper hand hygiene frequently.

3. 消費者是否應該對食品包裝進行消毒？

透過食品包裝感染新型冠狀病毒的風險很低。事實上，雙手受污染是促進間接接觸傳播的主要因素，傳染性病毒可經雙手從一個表面被帶到另一個表面，甚至進入人體。與食品包裝相比，頻密接觸點(例如門柄、購物車把手及水龍頭)更容易傳播病毒 - 不同人觸摸的頻率越高，受污染的風險便越大。因此，雖然有人可能仍會選擇在有需要時以常見的家用消毒劑(例如酒精濕紙巾或噴劑)來消毒食品包裝表面，但更重要的是要徹底清洗雙手，尤其在觸摸眼、鼻、口之前；購買食物回家後；以及處理和存放所買的食品後。

3. Should Consumers Sanitise Food Packaging?

The risk of acquiring the novel coronavirus through food packaging is very low. In fact, contaminated hands play a significant role in facilitating indirect contact transmission by transferring the infectious virus from one surface to another and even into one's body. Instead of food packaging, transmission is more likely to happen in contact with certain high-touch points, such as door handles, handles of the shopping trolleys and water taps – the more frequently being touched by different people the higher the risk that it becomes contaminated. Therefore, while some people may still opt to disinfect food packaging surfaces with common household disinfectants such as alcohol-based wipes or sprays if needed, it is more important for people to wash their hands thoroughly, especially before touching eyes, nose and mouth, after returning home from grocery shopping, and after handling and storing purchased products.

4. 怎樣確保食物徹底煮熟？

要確保食物徹底煮熟，最好使用食物溫度計檢查食物中心溫度是否至少達到攝氏 75 度。在使用食物溫度計時，應確保：

- 把食物溫度計放在肉身最厚部分的中央；
- 不要讓食物溫度計接觸骨部或容器的四周；
- 每次用完後，妥為清潔食物溫度計。

如沒有食物溫度計，應徹底煮熟或翻熱食物至滾燙，然後檢查：

- 肉類和家禽—肉汁必須清澈，不應呈紅色；切開已煮熟的肉時不應見血；
- 蛋黃已經凝固；
- 把湯羹及炆炖類食物煮沸並維持最少一分鐘。

如使用微波爐煮食，應蓋好食物，並在烹煮期間取出食物攪動或翻動數次，確保食物徹底煮熟。

至於冷藏食物，在烹煮前應先放進微波爐、雪櫃冷凍格或放在流動的水喉水下解凍，再將其徹底煮熟。

4. How to make sure the food is thoroughly cooked?

Ideally, use a food thermometer to check that the core temperature of food reaches at least 75°C. When you use the food thermometer, make sure

- it is placed in the centre of the thickest part of the meat
- it is not touching a bone or the side of the container
- it is cleaned between each use

If you do not have a food thermometer, cook or reheat food thoroughly until it is piping hot throughout and check

- for meat and poultry, make sure that juices are clear, not red, blood is not visible when you cut the cooked meat
- egg yolks are not runny or liquid
- bring soups and stews to a boil and continue to boil for at least one minute

Stir, rotate and cover food when microwaving to ensure thorough cooking

For frozen food, thaw them in microwave, fridge or under running water before cooking and cook them thoroughly.

5. 是否要消毒新鮮水果和蔬菜才可進食？

根據現有的科學資料，目前沒有證據顯示人類是透過食物感染新型冠狀病毒。在準備水果和蔬菜時，同樣要保持一般衛生守則，包括要徹底清洗食物，和處理食物時經常清洗雙手。要有效清洗水果，市民宜用流動的清水徹底沖洗。此外，在去皮前沖洗蔬果，可避免刀具把污垢及細菌帶到蔬果內。表皮堅硬或粗糙不平滑的水果和蔬菜，例如哈密瓜、青瓜等，可用清潔的刷子刷洗。另外，建議市民在購買水果、蔬菜或麵包等的散裝食品時，僅接觸打算購買的食品。

5. Do I need to sanitise fresh fruit and vegetables before consumption?

According to the current scientific knowledge, there is no evidence indicating that human can be infected by the novel coronavirus via food. When preparing fruit and vegetables, the general rules of hygiene should be observed, which include thorough washing of the food and frequent hand washing all along. To effectively clean the fruits and vegetables, the public is advised to wash them thoroughly under clean running water. In addition, rinsing the produce before peeling can avoid dirt and germ from transferring from the knife onto the produce. Fruits and vegetables with hard and rough surfaces (e.g. rockmelons and cucumber) can be scrubbed with a clean brush. On the other hand, the public are also advised to touch only what they intend to buy when buying loose foods such as fruit, vegetables, or bread.

6. 處理禽鳥和禽蛋時，有甚麼地方要注意？

- 選購活雞時，不要接觸雞隻或牠們的糞便，或用口吹雞隻的尾部。
- 處理活禽鳥、禽類製品或蛋後，要用肥皂或清潔液徹底洗淨雙手。徹底清洗所有曾經用作處理禽類製品或蛋的工作枱面、器皿及設備。
- 用不同的刀和砧板，分開處理生的食物和即食食物。
- 未經烹煮的禽肉須存放於有蓋的容器內，才放在雪櫃下格貯存。即食食物及熟食則應放在雪櫃上格，以免交叉污染。
- 洗淨沾有禽鳥糞便或污漬的蛋。清洗後，應立刻把雞蛋烹煮。
- 避免進食有裂痕的蛋，因它們較易受污染。
- 避免用生或未徹底煮熟的蛋配製一些不會再經烹煮的食物。避免進食生蛋，或把熟食蘸上以生蛋混合的醬料。
- 蛋要徹底煮熟，直至蛋黃及蛋白都變得堅實。
- 禽鳥必須徹底煮熟才可食用。如禽鳥在烹煮後仍有粉紅色肉汁流出或骨的中心部分呈紅色，應再烹煮直至熟透。

6. What should I pay attention to when handling poultry and eggs?

- Avoid touching chickens or their faeces when buying live chickens. Do not blow their vent.
- After handling live poultry, poultry products or eggs, wash hands thoroughly with liquid soap.
- Clean thoroughly all working surfaces, utensils and equipments that have been used for handling poultry products or eggs.
- Use separate knives and chopping boards to handle raw food and ready-to-eat food.
- Keep raw poultry meat in well covered container and then store it in the lower compartment of refrigerator. Keep ready-to-eat and cooked food in the upper compartment to avoid cross-contamination.
- Wash eggs only if they are soiled with faecal matter or stained with dirt. Washed eggs should be consumed immediately.
- Avoid consuming eggs with cracked shell as they are prone to be contaminated.
- Do not use raw or undercooked eggs for preparation of food that will not be cooked further.
- Do not eat raw eggs or dip cooked food into any mixed sauce of raw eggs. Cook eggs thoroughly until the white and the yolk become firm.
- Cook poultry thoroughly before consumption. If there are pinkish juices running from the cooked poultry or the middle parts of the bones are still red in colour, cook the poultry again until fully done.

7. 我們應在什麼時候洗手和應該如何洗手？

我們應時刻保持雙手清潔，經常洗手，例如在下列的情況：

- 配製食物和進食前；
- 觸摸眼、鼻、口前；
- 如廁後；
- 處理生的食物後；
- 咳嗽、打噴嚏後；
- 購買食物回家後；
- 處理和存放所買的食品後；及
- 處理骯髒的東西後，例如不潔的器具和用具、廢物等。

洗手的步驟：

7. When and how should we wash our hands?

We should always maintain hand hygiene and wash our hands thoroughly

Before:

- preparing food;
- eating; and
- touching eye, nose or mouth

After:

- going to the toilet;
- handling raw foods;
- touching the ears, hair, mouth or other parts of the body;
- coughing or sneezing;
- returning home from grocery shopping;
- handling and storing purchased products; and
- handling dirty things like soiled equipment and

1. 用流動的自來水弄濕雙手；
2. 塗上梘液；
3. 徹底揉擦雙手最少 20 秒，包括前臂、手腕、手掌、手背、手指和手指甲底下；
4. 徹底沖洗；
5. 用抹手紙抹乾雙手；
6. 以及用抹手紙關上水龍頭(如適用)。

utensils or waste, etc.

To wash your hands, you should:

1. Wet hands with running water;
2. Apply liquid soap;
3. Rub hands thoroughly for at least 20 seconds, including the forearms, wrists, palms, back of hands, fingers and under the fingernails;
4. Rinse thoroughly;
5. Dry with a paper towel; and
6. Turn off the tap by holding it with a paper towel as appropriate.

8. 我可以自行帶生野味、肉類、禽肉和蛋類入境嗎？

根據《進口野味、肉類、家禽及蛋類規例》(132AK 章)，任何人輸入野味、肉類、家禽或蛋類，必須提供來源地有關當局簽發的衛生證明書或食環署的事先書面准許。

違例者一經定罪，可被罰款港幣五萬元及監禁六個月。市民切勿非法攜帶野味、肉類、禽肉和蛋類入境。

8. Can I bring raw game, meat, poultry, and eggs into Hong Kong on my own?

According to the Imported Game, Meat, Poultry and Eggs Regulations (Cap 132AK), any person who imports game, meat, poultry or eggs should produce a health certificate issued by an issuing entity from the place of origin or obtain prior permission in writing from the FEHD.

Offenders are liable on conviction to a fine of HK\$50,000 and six months' imprisonment. The public are reminded not to bring game, meat, poultry or eggs into Hong Kong illegally.

有關 2019 冠狀病毒病的最新資訊，可瀏覽
For more information on COVID-19, please visit
www.coronavirus.gov.hk



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