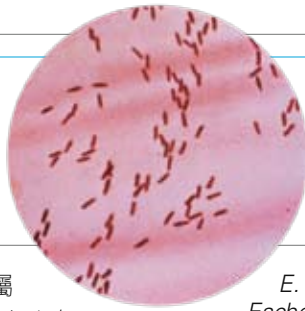


埃希氏大腸桿菌 O157:H7 傳染病

***E. coli* O157:H7 Infection**



甚麼是埃希氏 大腸桿菌 O157:H7？



What is *E. coli* O157:H7?

埃希氏大腸桿菌O157:H7屬其中一種埃希氏大腸桿菌，它生活在人類及其他哺乳類動物的腸道中。此病原性大腸桿菌能分泌出烈性毒素，使人嚴重生病甚至死亡。感染此病菌的人會出現嚴重腹瀉、血便、發燒、肚痛或嘔吐等病徵，病情嚴重者更會感染腎衰竭併發症。如治療不當，此病可引致死亡。

誰人易於感染及感染途徑

無論任何年齡的人士都可能感染此病菌，其中以小孩及老年人較易受此細菌感染而產生嚴重併發症。埃希氏大腸桿菌O157:H7可經由水及食物傳播而感染人體；飲用受污染的水或進食未烹煮熟透和受污染的食物，如碎牛肉、漢堡肉、燒牛肉、未經消毒的牛奶、芝士、蔬菜、果汁、乳酪等會感染此菌而引起腸道傳染病。另外，如人們忽略個人衛生，此病菌亦可經由口糞途徑在人與人之間傳播。

潛伏期

由三至九日不等。有些受感染者可能沒有任何徵狀，但有些則出現嚴重病徵。

E. coli O157:H7 is a strain of *Escherichia coli* that lives in the intestines of humans and other warm-blooded mammals. This pathogenic *E. coli* strain can produce a powerful toxin, verotoxin, and may cause severe illness and death. Victims may develop symptoms that include severe watery diarrhoea, bloody diarrhoea, fever, abdominal cramps or vomiting. In serious cases it may lead to a complication haemolytic uremic syndrome (HUS) characterised by acute kidney failure. If not properly treated, the infection may cause death.

Who is the high risk group and mode of transmission

E. coli O157:H7 may infect all ages, but children and the elderly are more vulnerable to develop serious complication. Men will contract this gastro-intestinal disease through consumption of contaminated water or undercooked and contaminated foods, such as minced beef, hamburgers, roasted beef, raw milk, cheese, vegetables, fruit juice, yoghurt, etc., Moreover, due to poor personal hygiene, person-to-person transmission of this pathogen is possible through oral-faecal route.

Incubation Period

From 3 to 9 days. Some infected persons are asymptomatic but some develop severe symptoms.

預防方法

Preventive Measures

個人和食物衛生

- 只進食烹煮熟透的漢堡肉、免治牛肉及其他肉類。
- 將碎牛肉及漢堡肉烹煮至攝氏70度或以上最少2分鐘，直至中心部分由粉紅色變為灰色或啡色為止，而肉汁亦不應呈粉紅色。
- 所有肉類於處理前應儲存於雪櫃或冰格內。
- 留意預先包裝的肉類標籤上列明的「此日期前食用」/「此日期前最佳」之食用日期，並於該日期前煮食。
- 未經包裝的肉類，應在購買後1至2天內煮食。
- 煮食及進食前或如廁後應用肥皂和水洗淨雙手。
- 若雙手、煮食用具或廚房表面地方曾接觸未經煮熟的肉類或肉汁，應用洗潔精和暖水加以清洗。
- 使用微波爐時，應將食物蓋好，並將食物上下反轉，均勻地烹煮食物。
- 只飲用清潔和煮沸的水。
- 用來製備沙律的蔬菜及水果必須用水徹底清洗乾淨方可使用。
- 在接觸寵物、雀鳥、活家禽或動物後，必須洗手。
- 如患有腸道傳染病，應停止處理食物。

Personal and Food Hygiene

- Do not eat undercooked hamburgers, ground beef and other meat products.
- Cook all ground beef and hamburgers thoroughly to 70°C or above for at least 2 minutes, until the cooked meat is brown throughout and the juices run clear.
- Store meat in refrigerator or freezer before preparation.
- Follow the "use by" date/ "best before" date on the prepacked meat and consume the meat as soon as possible.
- Cook and consume the unpacked meat within 1 to 2 days.
- Wash hands with soap and water before food handling, eating or after visiting toilet.
- Wash thoroughly hands, utensils and kitchen surfaces which have come into contact with undercooked meat and meat exudates with warm water and detergent.
- When a microwave oven is used for cooking food, cover the food properly and turn the food appropriately to make it cooked uniformly.
- Drink only clean and boiled water.
- Wash fruits and vegetables thoroughly before they are used as salad ingredients.
- Remember to wash hands after a contact with pets, birds, live poultry and animals.
- Stop preparing food when suffering from gastro-intestinal disturbances.

預防方法

Preventive Measures

新鮮糧食店衛生

- 肉殼或內臟應放在清潔的肉枱處理，切勿把肉殼或內臟放在地上。
- 肉殼與內臟應該分開貯藏及處理。
- 員工處理食物前後要洗手。
- 處理內臟後必須洗手，才可處理其他肉類。
- 肉類必須經清洗後，才可放進碎肉機或切肉機。
- 所有設備如碎肉機、切肉機、刀、肉枱、砧板必須經常保持清潔。在使用後，應該徹底清洗及適當消毒。（例如：用熱水泡浸最少30秒）
- 必須把肉類存放於適當的溫度。不會即時售賣的冰鮮或新鮮肉類，應該保持於攝氏4度或以下。冷藏肉類應該保持於攝氏-18度或以下。
- 員工如患有腸道傳染病，應立即停止處理食物。
- 員工如廁後，必須洗手。

Fresh Provision Shop Hygiene

- Handle meat on a clean meat table. Never leave the meat carcasses or offal on the floor.
- Store and handle meat carcasses and offal separately.
- Wash hands before and after handling food.
- After handling offal, wash hands before handling other meat or meat products.
- Wash the meat before putting it into slicing machines or mincing machines.
- Keep mincing machines, slicing machines, knives, chopping boards and meat tables clean at all times. Wash and sanitise them after use. (Example: immerse in hot water for at least 30 seconds)
- Store meat at a suitable temperature. Chilled or fresh meat which is not for immediate sale should be kept at or below 4°C. Frozen meat should be stored at or below -18°C.
- Stop food handling and preparation when suffering from gastro-intestinal infections.
- Wash hands after going to the toilet.