

預防禽流感： 食用安全小貼士

Prevention of Avian Flu:
Tips for Food Safety



未經烹煮的禽鳥和禽鳥蛋可能被沙門氏菌或禽流感病毒等細菌或病毒污染。為避免因進食這類食物而受到感染，要訣是徹底煮熟食物，殺死食物中的細菌和病毒。世界衛生組織指出，目前並無證據顯示經徹底煮熟的禽鳥和禽鳥蛋是傳播禽流感的源頭。因此，只要徹底煮熟禽鳥和禽鳥蛋，便可大大減低因進食而感染禽流感的風險。

Raw poultry meat and poultry eggs may be contaminated by bacteria or viruses such as salmonellas or avian flu virus. The mainstay of prevention lies with thorough cooking, which can kill bacteria and viruses in food. According to the World Health Organization, there is no evidence that properly cooked poultry or eggs can be a source of infection. Therefore, the risk of contracting avian flu could be reduced by thorough cooking of poultry meat and poultry eggs.

要預防感染禽流感，須經常保持個人、食物及環境衛生。市民應謹記以下小貼士：

As a general precautionary measure, the public are advised to observe good personal, food and environmental hygiene at all times. The following safety tips are useful:

選購

- 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。

Purchase

- Avoid touching chickens or their faeces when buying live chickens. Do not blow their vents.



處理

- 處理活禽鳥、冷藏或已解凍的禽肉和蛋後，要用肥皂或清潔液徹底洗淨雙手。
- 處理禽鳥後，徹底清洗所有工作枱面、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。
- 洗淨沾有污跡的蛋，並盡快食用。
- 避免進食有裂痕的蛋，因它們較易受污染。
- 徹底清洗蛋的外殼才烹煮。



Handling

- After handling live, frozen or thawed poultry or eggs, wash hands thoroughly with soap or liquid cleanser.
- After handling raw poultry, clean all working surfaces, utensils and equipments thoroughly.
- 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 stained with dirt and consume them as soon as possible.
- Avoid consuming eggs with cracked shell as they are prone to be contaminated.
- Clean the outer surface of egg shell thoroughly before cooking.



進食

- 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，禽肉中心溫度須達至攝氏70度，然後持續烹煮最少兩分鐘。
- 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。

Consumption

- Do not use raw or soft boiled 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. The centre of poultry meat should reach 70°C continuously for at least two minutes.
- 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.

70°C

