

注意飲食衛生

PRACTICES TO PREVENT FOODBORNE DISEASES

預防霍亂、痢疾等腸道傳染病，請留意以下要點：

Here are some practices to minimize the chance of contracting foodborne diseases such as Cholera and Dysentery :

① 進食前要洗手
Always wash your hands before eating



② 飲用煮沸的水
Drink boiled water



③ 進食熟透的肉類及海產
Take thoroughly cooked meat and seafood



④ 水果及蔬菜必須徹底洗淨
Fruits and vegetables must be thoroughly cleansed



⑤ 小心食用生冷食品、加冰的飲料和切開的水果
Take cold dishes, iced drinks and cut fruits with caution



⑥ 不要光顧無牌食肆
Do not patronize unlicensed food hawkers

