

# Prevention of food poisoning

## Food hygiene

### (1) Purchase of food

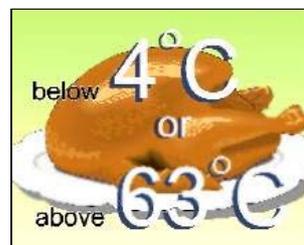
- Select fresh meat and vegetable.
- Purchase food from hygienic, reliable and reputable sources to ensure quality.
- Do not patronise unlicensed hawkers or food stalls selling cooked food.
- Read and follow the storage instructions, and pay attention to the "use by" or "best before" date on food labels when buying pre-packed food.
- Do not buy any food that is abnormal in appearance, for example: canned food in rusty, expanded or dented cans.

### (2) Handling of food

- Food should be thoroughly washed before storage or cooking. Meat and seafood must be thoroughly cooked.
- Food should be consumed as soon as it is served. Hot food should be eaten when it is still hot and cold dishes should be stored in the refrigerator until consumption.
- Use different sets of chopping blocks and knives for cutting raw and cooked food.

### (3) Storage of food

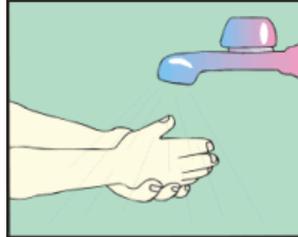
- Raw and cooked food should be stored separately to avoid cross contamination. Place cooked food in the upper compartment of refrigerator.
- Cooked food, unless consumed at once, should be kept below 4°C or above 63°C. Do not store food under room temperature to avoid multiplication of bacteria.
- Leftover food should be stored in the refrigerator and re-heated thoroughly before consumption.
- Refrigerator should be cleaned properly and regularly and its temperature should be kept below 4°C.



- Do not store excessive amount of food in the refrigerator to avoid affecting cold air circulation.

## **Personal hygiene**

- Wash hands with soap and water after going to the toilet and before handling food.
- Anybody who suffers from diarrhoea or vomiting should not handle or touch any food to avoid bacteria contaminating the food.
- Bandage wounds with waterproof plasters before handling any food.



## **Environmental hygiene**

- Put all rubbish & food remains into a dustbin and cover it up tightly. Dustbin must be emptied frequently and regularly.
- Clean the kitchen frequently and regularly to prevent harbouring rats and insects.