

旅遊人士 飲食須知



出外旅遊是一件賞心樂事，不過，在遊覽之餘，若能顧及旅遊健康，特別是飲食衛生，就能避免感染腸道傳染病如甲型肝炎、霍亂等。

當你處身在衛生欠佳的地方，請留意以下飲食要點：

- (1) 進食已徹底煮熟或密封式包裝的食品。
- (2) 不要吃未經煮熟的肉類、魚類及貝殼類如蜆、蠔等。
- (3) 不要吃已去皮、切開的水果及未經洗淨的蔬菜。
- (4) 不要吃生冷食品，如沙律、雪糕等。
- (5) 只飲用煮沸的水，罐裝或樽裝飲品、及經消毒的奶類製品。
- (6) 不要喝加進冰塊的飲品或已搾好的鮮果汁。
- (7) 直接飲用樽裝飲品時，要先清潔樽口。
- (8) 不要購買無牌食物檔擺賣的食物或飲品。
- (9) 選用自攜食具或採用即用即棄用品。
- (10) 進食前先洗手。

如欲知道更多旅遊健康知識，請瀏覽旅遊健康網頁
<http://www.travelhealth.gov.hk>或致電 **2833 0111**
衛生署24小時健康教育熱線（廣東話、英語及普通話）

衛生署出版
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衛生署
港口衛生旅遊健康中心



KEEP AN EYE ON FOOD HYGIENE WHILE YOU'RE ABROAD!



Everyone enjoys a trip abroad. If you can keep an eye on food hygiene while you're abroad, you can minimize the chance of contracting communicable diseases such as Hepatitis A and Cholera.

Here are some hints on eating and drinking in places where hygienic condition is poor.

- (1) Take only thoroughly cooked food, and food fresh from sealed packs or cans.
- (2) Do not eat meat, fish and shellfish like calms, oysters, etc., that are not thoroughly cooked.
- (3) Do not eat fruits that have been peeled and fruits and vegetables that are not thoroughly cleansed.
- (4) Do not eat cold dish such as salad, ice cream, etc.
- (5) Drink only boiled water, canned or bottled drinks, and pasteurized milk or dairy products.
- (6) Do not add ice in drinks and do not drink fresh fruit juice prepared beforehand.
- (7) Clean the bottle mouth before you drink directly from the bottle.
- (8) Do not patronize unlicensed food hawkers.
- (9) Use your own utensils or disposable items.
- (10) Always wash your hands before eating.

If you want to get more travel health information, you can visit the Traveller's Health Website at: <http://www.travelhealth.gov.hk>, or dial **2833 0111**, the 24-hour health education hotline of the Department of Health (in Cantonese, English and Putonghua)



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