食物環境衞生署
Food and Environmental Hygiene Department

食物安全中心
Centre for Food Safety

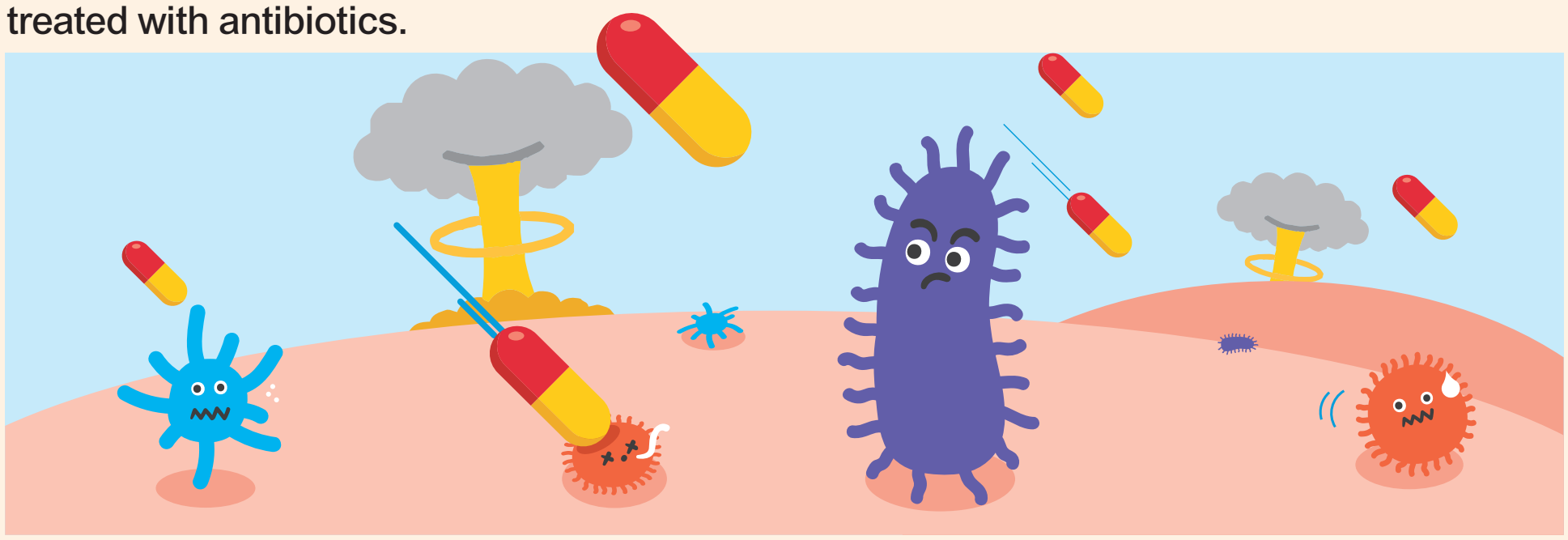
認識匿藏在食物中的

Know More about ‘Superbugs’ Hidden in Food

「超級細菌」

細菌無處不在，在土壤、水、植物、動物、人和食物裏也找到牠們蹤影。
從食物安全角度上，細菌有三種類型：
Bacteria are everywhere-in soil, water, plants, animals, people and food.
There are 3 types of bacteria from the perspective of food safety:

致病菌會引起食物中毒，令人生病，或需用抗菌素 (如抗生素) 治療。
Disease-causing bacteria cause food poisoning (foodborne diseases) that may need to be treated with antibiotics.

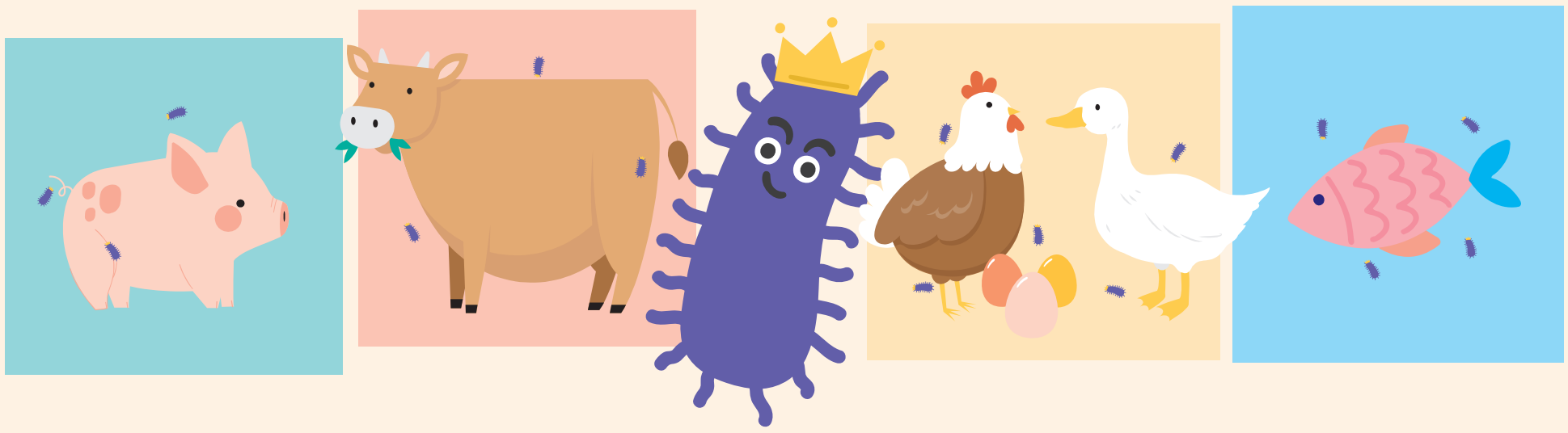


抗菌素可殺死大多數的細菌及致病菌，但有些卻可以生存下來，並對抗菌素產生了**耐藥性**，成為**「超級細菌」**。
Antibiotics kill most bacteria, but some can survive and gain **antimicrobial resistance (AMR)**. They are known as the **'Superbugs'**.

「超級細菌」有機會與所有其它細菌「分享」其耐藥性。
'Superbugs' can share resistance with all other bacteria.

「超級細菌」更可繁殖並到處蔓延。
'Superbugs' multiply and spread everywhere.

「超級細菌」可以存活在**食用動物**身上，如豬、牛、家禽（及其蛋）和魚。
'Superbugs' can live in **food animals**, such as cattle, pig, poulthy and fish.

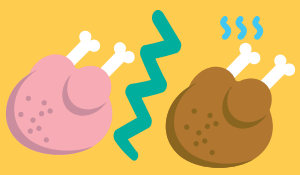
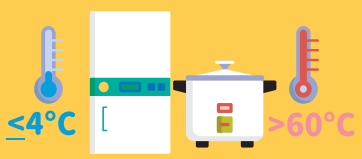


「超級細菌」亦可以在環境中（例如通過人類或動物糞便）傳播，並污染水果和蔬菜等**食用植物**。
'Superbugs' can spread in the environment, such as through human faeces or animal manure, and contaminate **food plants**, including fruits and vegetables.

當食物**沒有得到正確處理或烹煮**時，人類就會通過食用受到污染的食物而感染「超級細菌」。
They can spread by eating contaminated food if the food is **not handled or cooked properly**.

在人類和動物中過度使用和濫用抗生素會導致「超級細菌」的出現，這些「超級細菌」**不能再用抗生素治療，人類將再次死於常見的傳染病**。
The overuse and misuse of antibotics in humans and animals leads to emergence of 'Superbugs', which can **no longer be treated with antibiotics. People will once again die from common infections**.

從食物安全的角度來看，遵循「**食物安全五要點**」可以降低「超級細菌」和食源性疾病的風險：
From food safety aspect, following '**the five keys**' can reduce the risk of both 'superbugs' and foodborne illnesses.

五要點 Five Keys	建議 Advice(s)	重要性 Why Important?
精明選擇 Choose 	• 避免食用生或未煮熟的食物，尤其是高危人士 Avoid eating raw or undercooked food, especially for susceptible populations	• 生的或未煮熟的食物未經熱處理，可能含有「超級細菌」 Without heat treatment, raw or undercooked food can contain 'superbugs'
徹底煮熟 Cook 	• 上菜前徹底煮熟食物 Cook food thoroughly before serving	• 烹調可有效殺死食物中的「超級細菌」 Cooking is effective to kill 'superbugs' in food
保持清潔 Clean 	• 清洗蔬菜才進食 Wash fruits and vegetables before eating	• 水洗可去除部分食物表面的「超級細菌」 Washing can partially remove 'superbugs' from food's surface
	• 處理食物前清潔雙手和食物準備區 Clean hands and food preparation areas before handling foods	• 防止熟食或食食物被「超級細菌」交叉污染 Prevent cross-contamination of cooked or ready-to-eat foods with 'superbugs'
生熟分開 Separate 	• 將熟食或即食食物與生的食物分開及存放 Store cooked or ready-to-eat foods and raw foods separately • 用不同工具分開處理熟食或即食食物和生食 Handle cooked or ready-to-eat foods and raw foods with separate utensils	• 防止熟食或即食食物受到生食的「超級細菌」交叉污染 Prevent cross-contamination of cooked or ready-to-eat foods with 'superbugs' from raw food
安全温度 Safe Temperature 	• 如不立即食用，應將凍食保持在攝氏4度或以下，熱食則保持在攝氏60度以上 Keep cold food cold at 4°C or below and hot food hot over 60°C if not consumed at once	• 安全溫度可避免食物滋生細菌 Safe temperatures can avoid bacterial growth in food

甚麼食物較高風險?
What kind of food is riskier?

一般來説，動物製食品是人類接觸食源性「超級細菌」的主要途徑。
Foods of animal origin represent the major route of human exposure to foodborne pathogens with AMR.

生或未經徹底煮熟的食物，或者較多人稱呼的**「生冷」食物**，較已經煮熟的食物更大可能合有「超級細菌」。
Raw or undercooked foods are more likely to carry bacteria, including AMR bacteria, derived from the primary production than thoroughly cooked foods.

高危人士，包括孕婦、嬰幼兒、長者及免疫力弱人士，容易因進食「生冷」食物而感染食源性病原體，包括「超級細菌」，因此**應該避免進食**。
Susceptible individuals, including pregnant women, infants and young children, the elderly, and people with weakened immunity, are prone to contract foodborne pathogens, including 'Superbugs', by eating raw or undercooked foods, which **they should best avoid**.

「生冷」食物短片
Video on high-risk foods

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