



香港紅十字會
HONG KONG RED CROSS

Food Safety

五星健康
五星家

社區健康
教育計劃



According to the World Health Organization (WHO), around 600 million people fall sick as a result of around 200 different types of foodborne illnesses every year. In addition, foodborne illness is responsible for 420 000 preventable deaths every year.

Food safety saves lives. It is not only a crucial component to food security, but it also plays a vital role in reducing foodborne disease. Foodborne diseases affect 1 in 10 people worldwide each year. There are over 200 of these diseases - some mild, but others deadly.



What is 'Foodborne Disease'?

Foodborne disease (food poisoning) are caused by eating food contaminated by disease-causing microorganisms. Upon eating contaminated food, you may fall ill and suffer from acute symptoms.



Symptoms of foodborne disease include:



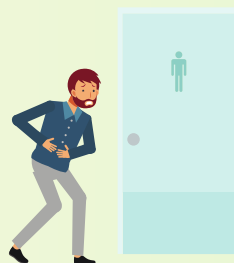
Abdominal
pain



Vomiting



Nausea



Diarrhoea



Fever

The severity of symptoms depends on the type and amount of contaminated food taken. Usual symptoms include diarrhoea, abdominal pain, vomiting, dizziness and fever. They may occur from one to thirty-six hours after intake of contaminated food.

What is the main cause of foodborne disease?



Bacteria and viruses are the most common causative agents of foodborne diseases related to food premises and food businesses in Hong Kong.

- Inadequate cooking
- Contamination of cooked or ready-to-eat food by raw food
- Improper holding temperature (e.g. storage at room temperature for too long)

What are the main causative agents of food poisoning?

Common bacteria causing food poisoning, including *Salmonella*, *Vibrio parahaemolyticus* and *Staphylococcus aureus* grow more readily in summer (Jun to Sep); Norovirus is another common causative agent which is more active in wintertime (Dec to Feb).



Maintaining food, personal and environmental hygiene in the prevention of food poisoning includes:



1. Choose: Choose safe raw materials, the ingredients must be fresh and sanitary, and the water must be clean
2. Clean: Keep hands and utensils clean
3. Separate: Separate raw and cooked food
4. Cook: Cook thoroughly
5. Safe temperature: Keep food at a safe temperature



Foodborne diseases, also known as food poisoning, incur health and economic costs, and many cases of foodborne disease occur due to food safety lapses in food preparation or handling either in food service establishments or at home.

Preventing foodborne diseases (food poisoning) requires cooperation among all members of the food chain.

References:

Hong Kong Centre for Food Safety
World Health Organization

The above information is for reference only.

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