



市政署
INSTITUTO PARA OS
ASSUNTOS MUNICIPAIS



Epidemic Prevention

How to Eat

Cold-chain Food Products Safely?

To effectively prevent the possible spread of novel coronavirus to Macao through imported cold-chain food products and their outer packaging, the Municipal Affairs Bureau (IAM) has strengthened the prevention and control measures against the novel coronavirus in regard to cold-chain food products at the import, environmental and personnel levels. It aims to ensure the cold-chain food products available in Macao are safe for consumption.



食安專線
Linha aberta sobre Segurança Alimentar - Food Safety Hotline
2833 8181



According to existing scientific findings, the likelihood of infection through coming into contact with cold-chain food products is very low as long as we observe good personal hygiene and take safety precautions. Thus, residents have to bear in mind.



01

Buying

Buy cold-chain food products from licensed and reputable shops. In the case of shopping online or through surrogate shoppers, consumers must be aware of the source, storage and transport conditions of the cold chain-food products on sale, and check whether the foods have imported through legal channels and received mandatory inspection upon entering Macao.

02

Safety precautions

Consumers must observe personal hygiene and take necessary precautions while grocery shopping. They have to wash their hands frequently, wear a mask properly, practise social distancing, avoid touching cold-chain foods directly with hands, use tongs or other tools to choose and pick up the foods, as well as disinfect their hands with alcohol-based hand sanitiser after shopping.

03

Storage

After returning home, consumers should put the foods in covered food containers or sealable storage bags by type then placing them in your refrigerator. (If necessary, wipe the outer surfaces of food packaging with 75% alcohol cotton pads then store them separately in the refrigerator).

04

Handling

Handle raw food and cooked food separately with different sets of knives, cutting boards, and containers. When washing any cold-chain food, place it in a container to prevent water from splashing onto the floor and countertops. After the food preparation is completed, thoroughly disinfect the kitchen sink, utensils and counter tops. Remember to clean and sanitise the refrigerator at regular intervals.

05

Consumption

Food must be cooked thoroughly before consumption. Make sure your hands are clean before eating and touching any food.