



市政署
INSTITUTO PARA OS
ASSUNTOS MUNICIPAIS

正確洗手 病菌速速走

Properly washing your hands to eliminate bacteria



預防食源性疾病由個人衛生開始。不潔的雙手是污染食物、傳播病菌、寄生蟲的主要途徑之一。因此，要時刻注意個人衛生，在處理任何食物前後、處理熟食／即食食品前和處理生食後、進食前及如廁後，養成以清水及肥皂（皂液）正確地洗手的習慣，就能有效減少食物受病原體污染，慎防病從口入。

Practicing good personal hygiene is the first step in prevention of foodborne diseases. Unclean hands are one of the primary sources of food contamination and a route to transmit bacteria and parasites. Therefore, it is necessary to maintain personal hygiene at all times. Develop the habit of washing your hands properly with clean water and soap (liquid soap) before and after handling any food, before handling cooked/ready-to-eat food, after handling raw food, before eating, and after going to the toilet. It can effectively reduce food contamination by pathogens and prevent diseases from entering the mouth.

食品安全 食得安心
Alimentar-se com segurança e prazer
Safe Food, Safe Consumption

政府、業界、市民齊盡心。

Para tal, vão o governo, o sector comercial e o público esforçar-se ao máximo.
Combined efforts of government, food industry and public are required

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

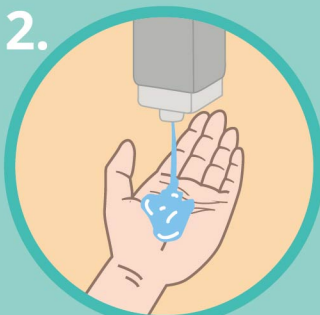
正確洗手的步驟

Steps to wash your hands properly



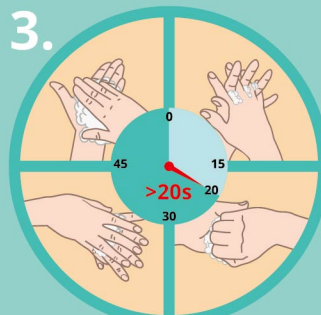
沖濕雙手

Wet your hands



塗抹梘液

Apply liquid soap
to your hands



揉擦20秒

Rub your hands
gently for 20 seconds



清洗雙手

Rinse your hands
with running water



抹乾雙手

Wipe your hands dry



節約用水

Save water



「食品安全資訊」網頁
Página eletrónica da
"Informação sobre Segurança Alimentar"
www.foodsafety.gov.mo



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食品安全資訊



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