



Food Safety for Dining Out

Dining out is one of the lifestyle habits of hectic city-dwellers to fill their stomach, enjoy a variety of food and taste different types of cuisine. In order to ensure the food is safe to consume when dining out, please remember that the following practices must be observed:

1

Patronise licensed, legitimate and reputable food premises to have a certain guarantee of food safety;



2

Look for food premises with a clean and tidy environment, and providing clean and hygienic tableware. If the environment is unclean or in poor hygiene condition, choose a different dining place;



3

Always wash your hands before eating. Wash and scrub them with soap at least 20 seconds;



4

Keep a distance from others during the meal to prevent transmission of virus through droplets;



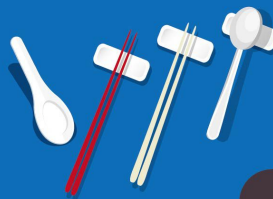
5

The food must be fully cooked to effectively reduce the risk of food safety hazards by killing the microorganisms. In case the food served is undercooked, return the food or ask for replacement. When dining in a food establishment, pay attention to the food temperatures, i.e., hot food should be served hot and cold food should be served cold.



6

If food is shared, use serving chopsticks and spoons to reduce the risk of cross-contamination;



7

High-risk vulnerable group, such as infants, young children, the elderly, pregnant women and immune-compromised individuals ought to consider their health conditions in prior to pick the food, and avoid raw as well as undercooked foods;



8

After dining, if you need to pack the remaining food going, please remember to refrigerate them within 2 hours, at which is calculated from the time of serving on a table. Eat the leftovers as soon as possible and reheat it completely to a core temperature above 75°C.



To collaborate the pandemic prevention work of the Macao SAR Government, please make sure that you are in good health and wear a mask before entering any restaurant.



If you feel unwell after a meal, seek medical attention promptly and tell the doctor what you have eaten. In the case of food safety incidents, please contact the **Department of Food Safety of the Municipal Affairs Bureau at 2833 8181** or visit the website of "Food Safety Information" (www.foodsafety.gov.mo) to access more food safety information.

