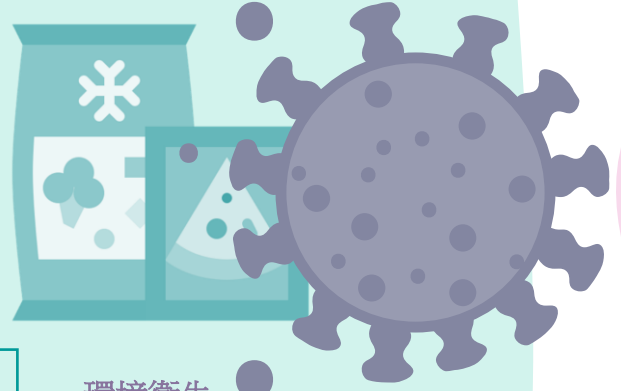


# 給冷凍食品處理人員 就預防 2019 冠狀病毒病的 健康建議



因應中國內地從進口冷凍食品的包裝檢測並分離出存活的 2019 冠狀病毒，經常處理冷凍食品的人員須注意相關的感染風險。食物安全中心建議冷凍食品處理人員採取以下措施，以減低處理冷凍食品時感染 2019 冠狀病毒病 (COVID-19) 的風險：

## 個人衛生

冷凍食品處理人員應：

- 每天上班前檢查體溫。
- 當患有或懷疑患有傳染病或出現疾病症狀，如發燒、呼吸道症狀、味覺 / 嗅覺頓失、腹瀉、嘔吐、黃疸、喉嚨痛和腹痛時，應停止從事任何處理食品的工作，並戴上外科口罩及盡早求醫。
- 咳嗽或打噴嚏時，用紙巾遮住口鼻，注意咳嗽禮儀，並立即將已弄髒的紙巾丟入垃圾桶。然後，以梘液和清水清潔雙手。如果出現呼吸道症狀，應避免工作。
- 保持良好的個人衛生習慣，在以下情況均要**洗手**：
  - 在處理食物前後；
  - 完成清潔工作後；
  - 處理垃圾後；
  - 上廁所後；
  - 觸摸扶手或門把等公共設施後；以及
  - 觸摸口、鼻或眼之前。
- 洗手時應以梘液和清水清潔雙手，搓手最少 20 秒，用水過清並用抹手紙弄乾。雙手洗乾淨後，不要再直接觸摸水龍頭（如先用抹手紙包裹著水龍頭，才把水龍頭關上）。

## 個人防護裝備

- 值班時，冷凍食品處理人員應配備口罩、護目裝備（如面罩）、手套與工作袍。
- 手套如有損壞、弄髒或工作途中脫下，便應丟棄。必須經常更換手套，並須於更換手套之間洗手。
- 戴手套後切勿觸摸口、鼻或眼。

有關 2019 冠狀病毒病的最新資訊，可瀏覽  
[www.coronavirus.gov.hk](http://www.coronavirus.gov.hk)

更多有關食物業處所的規例、食物衛生及安全標準的資訊，可瀏覽食物環境衛生署的網頁  
[www.fehd.gov.hk](http://www.fehd.gov.hk)

## 環境衛生

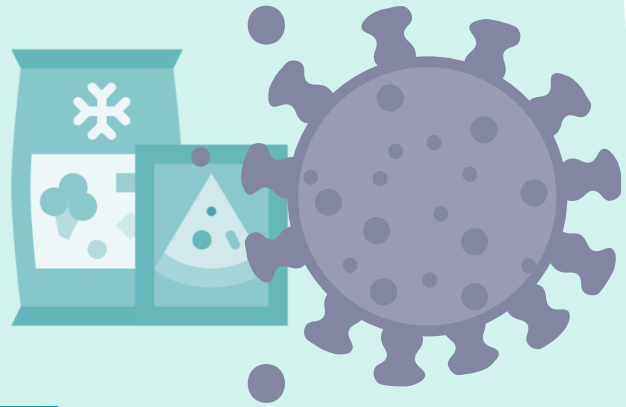
- 確保工作環境通風良好，排水系統正常運行。
- 採用 1 比 99 稀釋的家用漂白劑（即把 1 份漂白水與 99 份水混和）來加強清潔和定期消毒工作環境，當中包括：
  - 廚房、食物室、餐具室、廁所（包括水龍頭和馬桶把手）和休息區
  - 工作處所內的工作檯、牆壁與工具
  - 運輸車輛
  - 雪櫃與冷凍櫃
  - 頻密接觸點（例如門柄、雪櫃 / 冷凍櫃的把手等）
- 除含氯的消毒劑（次氯酸鈉）外，季銨鹽化合物（QUATS）亦具有有效消毒食物接觸面、容器、食物盤的能力。以 70-80% 濃度的含酒精消毒劑（乙醇、2-丙醇、1-丙醇）擦拭一分鐘，亦可顯著降低如 2019 冠狀病毒之類的包膜病毒的感染力。
- 食品處理人員保持手部衛生最為重要，但如有需要，可用上述建議的消毒劑對食物包裝表面進行消毒。
- 在受呼吸道分泌物、嘔吐物或排泄物污染的地方，應使用 1 比 49 稀釋的家用漂白劑消毒。

## 保持社交距離

食物業務經營者應協助患有傳染病或出現疾病症狀的僱員盡早求醫，並按專業指示就 COVID-19 進行檢測；同時可採取以下措施，讓冷凍食品處理人員在工作期間互相保持社交距離：

- 確保食品處理人員在工作期間保持社交距離，或之間有適當的屏障（如設置隔板以減少食品處理人員之間直接面對面的接觸）。
- 重新設計工作流程和步驟（如僅在生產線的一側設置工作台，以減少食品處理人員之間直接面對面的接觸；在不必要人員以外限制食品處理人員的數量；將食品處理人員分組，減少組與組之間的交談和身體接觸等）。
- 在工作場所張貼海報並加上標記，提醒食品處理人員保持社交距離。
- 安排員工彈性上下班、休息及用膳時間。

# Health Advice for Frozen Food Handlers on the Prevention of COVID-19



In view of the detection and isolation of live SARS-CoV-2 coronavirus from the outer packaging of imported frozen food in mainland China, people frequently handling frozen food should be alert of the relevant risk of infection. The Centre for Food Safety recommends frozen food handlers to adopt the following measures to minimise the risk of infecting COVID-19 when handling frozen food:

## Personal Hygiene

Frozen food handlers are reminded to:

- Check their body temperature daily before working.
- Suspend from engaging in any food handling work when suffering or suspected to be suffering from an infectious disease or symptoms of illness such as fever, respiratory symptoms, sudden loss of taste/smell, diarrhoea, vomiting, jaundice, sore throat and abdominal pain. Wear a surgical mask. Seek medical advice promptly.
- Observe cough manner by covering mouth and nose with a tissue paper when coughing or sneezing and dispose of the soiled tissue paper in the rubbish bin immediately. Then, wash hands with liquid soap and water. Should refrain from work if there are respiratory symptoms.
- Practise good personal hygiene – always **wash hands**:
  - After clean-up is carried out;
  - After handling refuse;
  - After visiting the toilet,
  - After touching public installations such as handrails or doorknobs
  - Before or after handling food; and
  - Before touching the mouth, nose or eyes.
- Wash hands with liquid soap and water and rub for at least 20 seconds. Then rinse with water and dry with a disposable paper towel. When the hands are cleaned, do not touch the water tap directly again (for example, using a paper towel to wrap the faucet before turning it off).

## Personal Protection Equipment

- When on duty, frozen food handlers should be equipped with masks, equipment for eye protection (such as face shield), gloves and gowns.
- Gloves that are damaged, soiled or removed when interruptions occur in the operation should be discarded. Gloves must be changed frequently, and hands must be washed between changing of gloves.
- Do not touch the mouth, nose or eyes after wearing gloves.

For more information on COVID-19, please visit [www.coronavirus.gov.hk](http://www.coronavirus.gov.hk)

For further details on regulations, food hygiene and safety standards for food premises, please visit FEHD website: [www.fehd.gov.hk](http://www.fehd.gov.hk)

## Environmental Hygiene

- Ensure the working environment adequately ventilated and the drainage system functions properly.
- Step up cleansing and regular disinfection, by applying a **1 in 99 diluted domestic bleaching agent** (i.e. dilution by mixing one part of the bleaching agent with 99 parts of water), regularly and when needed to the working environment, including:
  - Kitchens, food rooms, scullery rooms, toilets (including water taps and toilet handles) and seating areas
  - Operation table, walls and tools in the premises
  - Vehicles for transportation
  - Refrigerators and freezers
  - High touch points (e.g. doorknobs, handles of refrigerators/freezers, etc.)
- On top of chlorine-based disinfectants (sodium hypochlorite), quaternary ammonium compounds (QUATS) can be used to decontaminate food contact surfaces, containers and food trays. Alcohol-based disinfectants (ethanol, propan-2-ol, propan-1-ol) have been shown to significantly reduce infectivity of enveloped viruses like SARS-CoV-2, in concentrations of 70-80% with one-minute exposure time.
- While washing hands for food workers is important, disinfectants suggested above may be used to disinfect food packaging surfaces if needed.
- **1 in 49 diluted domestic bleaching agents** should be used for places contaminated with respiratory secretions, vomitus or excreta.

## Physical Distancing

Food business operator should facilitate employees suffering from an infectious disease or symptoms of illness to seek medical advice promptly and testing for COVID-19 if indicated. They can also take following measures to maintain physical distancing among frozen food handlers during work:

- Ensure adequate social distancing among food handlers during work or appropriate physical barriers in place (e.g. partitions to reduce direct face-to-face encounters among food handlers).
- Re-engineer the work flow and design (e.g. setting up a workbench only on one side of the production line to minimise direct face-to-face encounters among food handlers; limit the number of food handlers in food preparation, excluding non-essential personnel; divide food handlers into different groups and reduce verbal conversation and physical contacts between different groups, etc.)
- Display posters and add markings at workplace to remind food handlers on social distancing.
- Assign staggered working hours and flexible mealtimes to food handlers.