

~ 食品中毒 Food poisoning ~

預防食品中毒，勿生飲生食，落實勤洗手的良好衛生習慣。

To prevent food poisoning, do not eat uncooked food or drink untreated water, and wash your hands regularly.

什麼是食品中毒？

What is food poisoning?

1. 因攝食可疑的食品檢體檢測到相同類型的致病菌或毒素的食品造成急性中毒。
Acute poisoning caused by consumption of foods containing pathogens or toxins known to cause food poisoning.

2. 常造成食品中毒的主要病因物質有：1.細菌：常見的致病菌有腸炎弧菌、沙門氏桿菌、病原性大腸桿菌、金黃色葡萄球菌、仙人掌桿菌、霍亂弧菌、肉毒桿菌等。2.病毒：如諾羅病毒等。3.天然毒：包括植物性毒素、河豚毒、組織胺、黴菌毒素等。4.化學物質：農藥、重金屬等。

The main pathogenic organisms or substances causing food poisoning include: (1) Bacteria: bacteria commonly causing food poisoning include *Vibrio parahaemolyticus*, *Salmonella*, enteropathogenic *E. coli*, *Staphylococcus aureus*, *Bacillus cereus*, *Vibrio cholerae*, and *Clostridium botulinum*. (2) Viruses: e.g. norovirus. (3) Natural toxins: vegetable toxins, tetrodotoxin, histamine, and mycotoxin, etc. (4) Chemical substances: pesticides, heavy metals, etc.

食品中毒的感染途徑？

What are the transmission routes of food poisoning?

如有食物冷藏及加熱處理不足、生食與熟食交互污染、烹調人員衛生習慣不良、調理食品的器具或設備未清洗乾淨及水源被污染等狀況，皆可能造成食品中毒。

Food poisoning may occur when

- food is not refrigerated or heated properly
- bacteria from raw food contaminate cooked food (or the other way around)
- proper hygiene practices are not followed during food preparation
- utensils or equipment used are not washed properly
- the water used is contaminated

食品中毒的常見症狀？

What are the common symptoms of food poisoning?

1. 常見的食品中毒症狀包括腹瀉、噁心、嘔吐、腹痛、發燒、頭痛及虛弱等，有時候伴隨血便或膿便，但是不一定所有的症狀都會同時發生。患者年齡、個人健康狀況、引起食品中毒的致病原因種類以及吃了多少被污染的食品等因素，均會影響中毒症狀及其嚴重程度。

Common symptoms of food poisoning include diarrhea, nausea, vomiting,

abdominal pain, fever, headache, and general weakness; bloody or purulent stool is sometimes present. However, symptoms might not occur all at once. Factors such as patient age and state of health, the pathogen or toxin causing food poisoning, and the amount of contaminated food eaten could affect symptoms and their severity.

2. 抵抗力較弱的人症狀會比較嚴重，甚至可能會因為食品中毒而死亡。一般食品中毒的症狀通常會持續 1 天或 2 天，有些會持續 1 週到 10 天。

Symptoms might be relatively severe in persons with poor resistance, and death might even occur. The symptoms of food poisoning normally persist one or two days, and could last for a week to 10 days in some cases.

如何預防食品中毒？

How to prevent food poisoning?

1. 遵守食品處理之原則，包括新鮮、清潔、區分生熟食、避免交互污染、徹底煮熟、注意保存溫度及使用乾淨的水與食材等。

Follow proper food processing rules, including keeping the food fresh and clean, separating raw and cooked foods, avoiding cross-contamination, cooking food thoroughly, paying attention to preservation temperature, and using clean water and ingredients.

2. 外出飲食時應避免冷食、生食、不吃來路不明的食品，亦應避免路邊攤飲食，謹慎選擇衛生優良餐廳用餐。

When eating out, avoid cold foods, raw foods, and foods with doubtful origin. Avoid eating or drinking at roadside stands; eat at restaurants with good sanitation.

3. 確保與食物接觸的人或物都是清潔乾淨的，要使用不同砧板及刀具，分別處理生食與熟食，食用前要將食品充分加熱並在 2 小時內吃完，食物應放入冰箱冷藏或冷凍，飲水則要煮沸，不喝生水。

To ensure that people or objects in contact with food are free from sources of infection, use different cutting boards and knives, prepare raw and cooked foods separately, heat food adequately before consumption, finish food consumption within two hours, and store remaining food in refrigerator or freezer. Drink only water that has been boiled; do not drink raw water.

4. 遵守個人衛生原則，確保自身飲食健康。

Maintain good personal hygiene, and make sure to consume safe food or drink.

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Centers for Disease Control, The Ministry of Health and Welfare
Workforce Development Agency, The Ministry of Labor
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傳染病通報及諮詢專線 1922

Infectious Disease Reporting and Consultation Hotline: 1922

外籍勞工諮詢及申訴專線 1955

Consultation and Protection Hotline for Foreign Workers: 1955