

## Your checklist for good hygiene practice

### 良好衛生習慣清單

- Wash and dry your hands thoroughly after going to the toilet and before handling food  
如廁後和處理食物前徹底清洗及吹乾雙手
- Do not handle food if you are suffering from diarrhoea and/or vomiting  
如有腹瀉及/或嘔吐，請勿處理食物
- Tell your boss if you or anyone in your household is ill  
如家中有任何人生病，請知會你的僱主
- Tell your boss if you have infected cuts or sores  
如有受感染的瘡或傷口，請知會你的僱主
- Use bright coloured waterproof coverings for cuts and grazes  
用顏色鮮艷的防水膠布包裹傷口及擦傷部位
- Do not spit, smoke, eat or chew gum when you are handling food  
請勿在處理食物時吐口水、抽煙、進食或嚼口香糖
- Make sure your work clothes are clean  
確保工作服乾淨
- Keep your workplace, especially surfaces and utensils, clean  
保持工作環境乾淨，尤其是桌面及用具
- Tell your boss if you were ill while on holiday  
如你在旅遊期間曾生病，請知會你的僱主
- If you have to visit the doctor, remember to say you are a food handler  
如果你需要去看醫生，請告訴醫生你是一名食物處理員

## FOOD HANDLERS:

### FITNESS TO WORK

### 食物處理員：

### 職責及標準

#### Your responsibilities as a Food Handler

#### 作為食物處理員的職責

You can pass on germs when you handle food  
當你處理食物時有機會把病菌傳播

To prevent this you must:  
避免傳播病菌，你須要：

- Always wash your hands  
經常洗手
- Tell your boss if you are unwell  
如果覺得不舒服要知會僱主



# YOUR RESPONSIBILITIES AS A FOOD HANDLER

## 作為食物處理員的職責

### Wash your hands thoroughly using warm water and soap

#### 用肥皂和溫水徹底清潔雙手

- After using the toilet, at home and at work  
如廁後(無論在家中或在工作地方)
- Before starting work, and after breaks  
開始工作前或小休後
- After handling raw food  
處理生的食物後
- After handling rubbish  
處理垃圾後

And 並且

Dry your hands after you have washed them  
洗手後請吹乾

**If you have sickness or diarrhoea it may be caused by a germ;  
you must not handle food until you are better.**

當你有不適或腹瀉可能是因病菌引致，直至情況好轉之前絕對不能處理食物。

### Tell your boss

If you 如果你有以下情況，請知會你的僱主

- Have been sick (vomiting) 不適 (嘔吐)
- Have diarrhoea 腹瀉
- Have infected (red, swollen, pus-containing) sores or cuts  
有受感染的瘡或傷口(紅、腫、含膿)
- Feel unwell 感覺不適
- Were ill while on holiday 在旅遊期間曾生病

And 及

If anyone in your household is sick or has diarrhoea  
在你家中有任何人生病或曾腹瀉

**Typhoid and paratyphoid fever are rare but serious illnesses. You must  
tell your boss if you think you have been in contact with either of  
these diseases.**

傷寒症及副傷寒都是罕見的但卻是嚴重的疾病。如果你曾經接觸這兩項疾病中其中一項，你必須知會你的僱主。