

~ 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,