



# “Kev siv raws lub hom phiaj” txhais tau li cas?

"Kev siv raws lub hom phiaj" yog txoj hau kev tsoom fwv tau tshuaj xyuas lub chaw tsim khoom (tus tsim khoom) npaj cov khoom lag luam kom muaj kev nyab xeeb rau siv, vim cov neeg tsim khoom tsis tau txheeb xyuas tag nrho cov khoom noj nqaij nyuj nyoos tias tsis muaj *E. coli*. Tus neeg tsim khoom yuav tsum tau txheeb xyuas qhov kev siv raws lub hom phiaj, uas tej zaum yuav yog nyob rau hauv daim ntawv tsub nqi, daim ntawv nqi, tsab ntawv lees paub, tus tsim khoom lub vev xaib, los sis lwm yam hau kev. Thaum tsis paub meej txog kev siv raws lub hom phiaj, cov khw muag khoom yuav tsum hu rau tus tsim khoom.

Cov neeg tsim khoom yuav tsum paub tseeb tias Shiga-toxin tsim *E. coli* (STEC) tau raug muab tshem tawm nyob rau hauv cov nqaij nyuj nyoos lawm uas yog npaj los noj uas tsis yog-khoom noj tag nrho (xws li, nqaij nyuj zom, nqaij nyuj siv tshuab ua kom muag), tab sis tsis yog thaum cov khoom yuav tsum tau noj tsis tu ncua (piv txwv li, cov nqaij steak, nqaij ci). Paub txog kev siv cov khoom raws lub hom phiaj yog qhov tseem ceeb kom paub yog tias tus neeg tsim khoom tau tswj cov *E. coli* lawm los tsis tau.

## Ua Tiav (Nqaij Steak los sis Nqaij Ci)

Thaum cov nqaij nyuj npaj rau kev siv ua thooj tag nrho, txwv cov *E. coli* rau cov nqaij nyuj sab nrauv, thiab yuav raug tua los ntawm kev ua noj nrog qhov kub 145 ° F nrog rau 3 feeb.



## Tsis-ntsoog (Cov Nqaij Nyuj Zom thiab Cov Nqi Steak Ua Kom Muag)

Thaum cov nqaij nyuj npaj rau kev siv ua thooj yog ua kom txhob ntsoog los ntawm kev zom, kev siv tshuab ua kom muag, thiab lwm yam. *E. coli* uas lo nyob rau saum npoo ntawm nqaij nyuj yuav lo tau thoob plaws hauv daim nqaij. Qhov kev ua noj yuav tsis tuaj tau *E. coli* rau kev ua nyoos los sis siav nruab nrab (tsawg dua qhov kub ntawm 160 ° F), uas txhais tau tias tib neeg tuaj yeem mob tau los ntawm cov nqaij.

Sib zom cov nqaij seem los ntawm steaks thiab lwm yam nqaij rau kev siv tsis zoo ua rau muaj kev pheej hmoo tias cov neeg noj tuaj yeem mob tau. Yog tias tus neeg tsim khoom tsis tau qhia koj txog kev siv cov khoom, thov tiv tauj rau lawv.

Nco ntsoov, USDA xav kom cov nqaij ua thooj yuav tsum tau ua noj nrog qhov kub 145 ° F nrog rau 3-feeb so lub sij hawm thiab cov nqaij nyuj zom yuav tsum tau ua kom siav rau 160 ° F, raws li ntsuas los ntawm tus ntsuas khoom noj khoom haus.

Yog xav paub ntxiv txog kev siv raws lub hom phiaj, yeem duab tus zauv QR.

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