

Bringing Food for your loved one 攜帶食物需知

Should family members must bring in homemade food, take-out, raw fruits, or any food items that are not dried goods or not in commercially vacuum-sealed packages to residents for their wellbeing, please adhere to the following guidelines for food safety and infection control reasons:

如家人必需要帶自家製食品、外賣、生果、任何不是乾貨或商業真空包裝的食品，以維持長者的福祉，基於食物安全考慮及儘可能減少接觸長者食品人數的衛生理由，請家人遵循以下指引：

- Food can only be brought into Villa Cathay by the visitor during a visit.
- Please limit the amount of food to the amount that can be consumed by your loved one during the visit.
- The resident can enjoy the food with the assistance of the visitor.
- The visitor needs to take away any unfinished food with him/her at the end of the visit.
- Due to the current infection control protocols, residents cannot share the fridge and microwave that are in each floor's dining room.
- 這些食品必需由訪客在探訪時間帶來華宮給長者；
- 請只帶長者可在探訪期間享用的份量。
- 長者可在探訪期間，在訪客的協助下，享用指定訪客帶來的食品；
- 如有任何剩餘的食物，請訪客在離開華宮時一併帶走。
- 基於現行的預防感染措施，樓層的冰箱及微波爐不能讓不同的長者共同使用。

Other important food safe guidelines 其他食物安全要點：

- All ready-to-eat food should be stored in containers that can keep food hot for the duration of your visit. During COVID-19, the microwave on the resident's floor is restricted to reheat food that are provided by Villa Cathay.
- 請將煮熟的食物或外賣食物存放在可維持食物在高溫度的器皿。在疫情期間，長者樓層的微波爐只可用來加熱院內提供的食品。
- Please refrain from preparing food in the resident's suite. The resident's bedroom and washroom are not design for visitor to use and not suitable environments to prepare food safely. (i.e., Do not peel or cut fruits in the resident's washroom. Pre-wash and portion the fruits prior to arriving at Villa Cathay.)
- 請避免在長者房間內使用洗手間，準備食品，長者的房間及洗手間皆不具備處理食物的安全環境（如：不要在長者的廁所內削水果或切水果，而是預先將水果切好才帶入華宮。）

- Please bring individually wrapped disposable utensils for your loved one to use for eating. Please do not bring reusable utensils to prevent the risk of cross-contamination. If you are unable to find individually wrapped disposable utensils, please inform our team upon arrival and we would be happy to provide utensils for your loved one.
- 請攜帶獨立包裝的一次性餐具讓長者在進食時使用，以減少交叉感染的可能。若您找不到獨立包裝的一次性餐具，請在到達華宮是通知我們，讓我們提供餐具給長者。
- During COVID-19, the fridge on a resident floor cannot store different residents' food to avoid the risk of cross-contamination. Please only bring the portion that your loved one can consume during the length of the visit.
- 在疫情期間，長者樓層的冰箱不會儲存不同長者的食物，以減低交叉感染的風險的可能。建議指定訪客只帶長者能在探訪期間食用的份量。
- Please prepare food according to the dietary needs of your loved one.
- 請依照長者的咀嚼功能及身體狀況準備食品。
- We highly recommend food handlers to follow WHO's Guideline on [Safe Food Preparation](#).
- 建議根據世界衛生組織的《[準備食物的安全要則](#)》，為您的摯愛準備食品。



- Please ensure your loved one [is sitting upright while eating](#). After eating, please ensure that your loved one maintains in the upright position for at least 30 minutes to prevent reflux of the food which may also lead to a risk of aspiration.
- 請確保您的摯愛在進食期間坐姿正確，並於進食後保持上身直立的坐姿至少半小時，以避免吞嚥的食物逆流到喉嚨，導致噎傷的風險。

Resident's positions that can prevent choking
避免長者在飲食時嗆咽的位置

