

The Big 5 Foodborne Illnesses

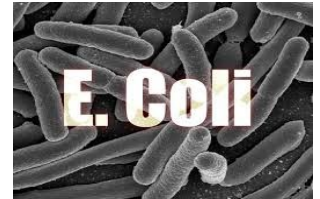
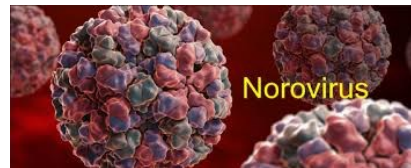
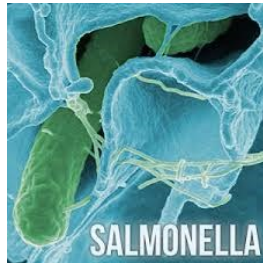
Lets work together to



the spread of Foodborne Illness!

***Tell your manager if you are sick.
Dile a tu gerente si esta enfermo***

1. Salmonella
2. Shigella
3. E. Coli
4. Hepatitis A
5. Norovirus



Tell your manager if you have been diagnosed with one of the BIG 5 foodborne illnesses, or if you have any of these symptoms:

***Diarrhea**
Diarrea

***Vomiting**
Vomitos

***Jaundice**
Ictericia

***Sore Throat with Fever**
Dolor de garganta con fiebre

***Infected Cut or Boil**
Cortes o heridas infectadas



***Don't work if you are sick.
No trabaje si usted esta enfermo.***



Hendricks County Health Department
Environmental Health Division

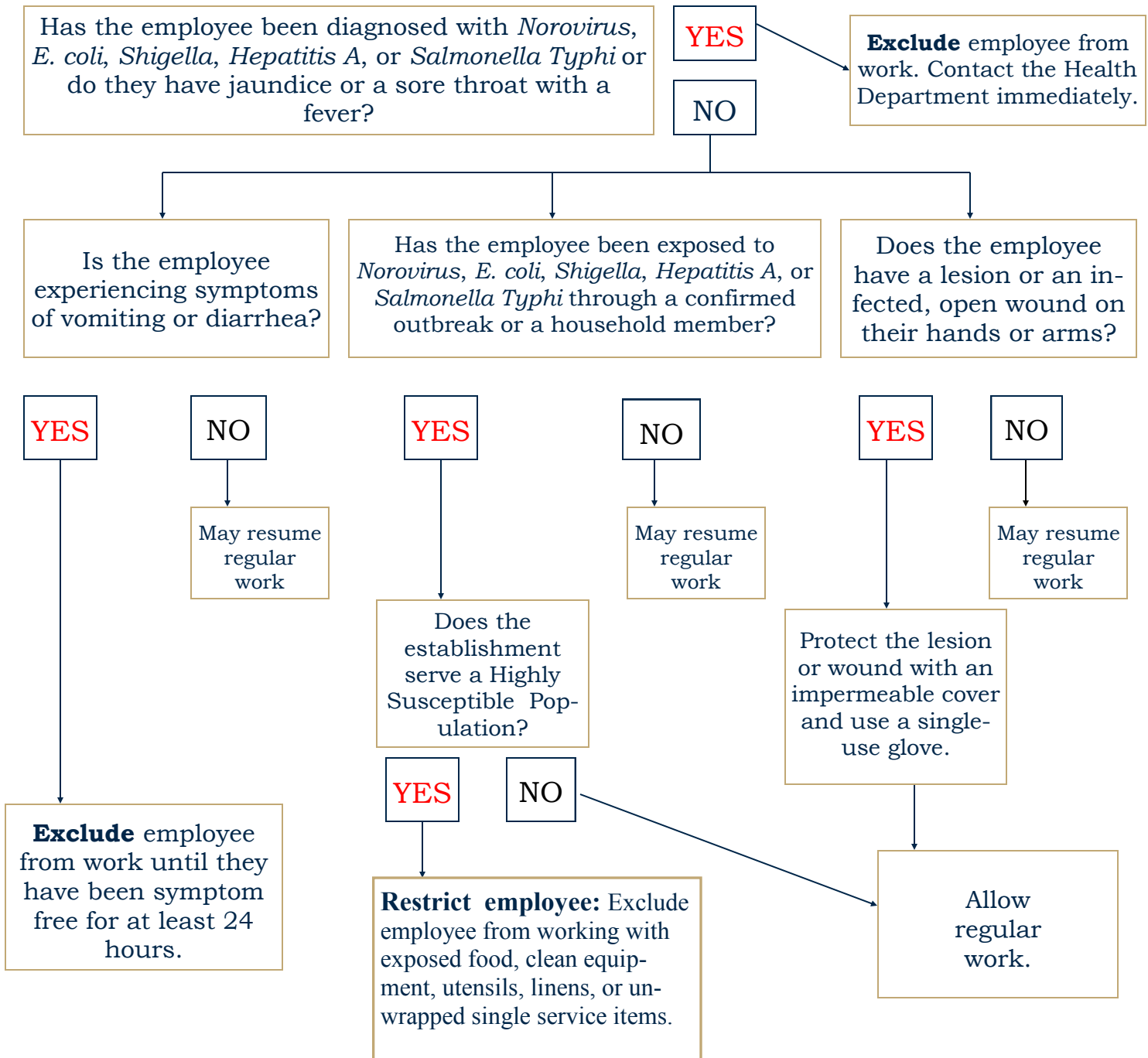
Hendricks County Government Center
355 South Washington Street, #G30
Danville, IN 46122

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www.co.hendricks.in.us/health

Employee Illness—Flow Chart

What do you do with an ill employee?

Monitor employee health and hygiene daily to prevent foodborne illness. Review employee health policy with employees at least every 3 months. Employees should be reminded daily to exercise good handwashing practices and to avoid bare hand contact with ready-to-eat food.



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SAMPLE WRITTEN FOOD EMPLOYEE HEALTH POLICY

PURPOSE

The purpose of the Food Employee Illness Reporting Policy is to ensure that all food employees notify the Owner/General Manager, or other “person-in-charge” (PIC) when you experience any of the conditions listed so that appropriate steps are taken to preclude transmission of foodborne illness or communicable diseases.

POLICY

The _____ is committed to ensuring the health, safety and well being of our employees and customers and complying with all health department regulations. All food employees shall report if they are experiencing any of the following symptoms to their PIC:

- Diarrhea
- Vomiting
- Fever
- Jaundice
- Sore throat with fever
- Lesions (such as boils and infected wounds, regardless of size) containing pus on the fingers, hand or any exposed body part

Food employees should also notify their PIC whenever diagnosed by a healthcare provider as being ill with any of the following diseases that can be transmitted through food or person-to-person by casual contact such as:

- Salmonellosis
- Shigellosis
- Escherichia coli
- Hepatitis A virus, or
- Norovirus

In addition to the above conditions, food employees shall notify their PIC if they have been exposed to the following high-risk conditions:

- Exposure to or suspicion of causing any confirmed outbreak involving the above illnesses
- A member of their household is diagnosed with any of the above illnesses
- A member of their household is attending or working in a setting that is experiencing a confirmed outbreak of the above illnesses

FOOD EMPLOYEE RESPONSIBILITY

All food employees shall follow the reporting requirements specified above involving symptoms, diagnosis and high risk conditions specified. All food employees subject to the required work restrictions or exclusions that are imposed upon them as specified in Indiana law, the regulatory authority or PIC, shall comply with these requirements as well as follow good hygienic practices at all times.

PIC RESPONSIBILITY

The PIC shall take appropriate action as specified in Indiana State Department of Health Rule 410 IAC 7-24 to exclude, restrict and/or monitor food employees who have reported any of the aforementioned conditions. The PIC shall ensure these actions are followed and only release the ill food employee once evidence, as specified in the food code, is presented demonstrating the person is free of the disease causing agent or the condition has otherwise resolved.

The PIC shall cooperate with the regulatory authority during all aspects of an outbreak investigation and adhere to all recommendations provided to stop the outbreak from continuing. The PIC will ensure that all food employees who have been conditionally employed, or who are employed, complete the food employee health questionnaire and sign the form acknowledging their awareness of this policy. The PIC will continue to promote and reinforce awareness of this policy to all food employees on a regular basis to ensure it is being followed.

Handwashing:

#1 way to stop the spread of disease!



Always wash hands:

1. When entering kitchen.
2. After using restroom (and returning from restroom).
3. After handling raw meat, poultry, eggs, or fish.
4. After handling dirty dishes.
5. Before putting on new gloves.
6. After touching: hair, face, smoking, and your cell phones.
7. Any time your hands may be contaminated.

When in doubt wash those hands!

Handwashing sinks are for handwashing **ONLY!**

Handwashing sinks must be stocked with:

- *Soap
- *Paper towels or air dryer
- *Permanently plumbed hot and cold running water (must reach at least 100°F)

Do not block or use handwashing sinks for any other purpose (i.e. filling pitchers or sanitizer buckets, dumping any liquids, rinsing containers, etc.)



Wash hands for a minimum of 20 seconds.

1. Wet hands with warm water,
2. Rub vigorously together using soap
3. Rinse well
4. Dry thoroughly with single-use paper towel or air dryer.

Hand sanitizer is not an alternative for hand washing!

They may not kill Norovirus.

Soap and water are a must to wash hands properly!



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Food Employee Health Policy Questionnaire

Emphasis on illness due to Norovirus, *Salmonella*, *Shigella*, Shiga toxin-producing *Escherichia coli*, or Hepatitis A Virus

The purpose of this interview is to inform conditional employees and food employees to advise the person in charge of past and current conditions described so that the person-in-charge can take appropriate steps to preclude the transmission of foodborne illness.

Employee Information:

Name of food employee (print) _____

Address of employee (print) _____

Telephone No., including area code: Daytime _____ Evening _____

Symptoms:

Are you experiencing any of the following symptoms? (Circle either YES or NO)

Diarrhea? YES / NO

If you answered YES, what was the date of onset? _____

Vomiting? YES / NO

If you answered YES, what was the date of onset? _____

Jaundice? YES / NO

If you answered YES, what was the date of onset? _____

Sore throat with fever? YES / NO

If you answered YES, what was the date of onset? _____

OR:

Do you have an infected cut or wound that is open and draining?

(Circle either YES or NO) YES / NO

Do you have a boil, lesion or other infected wound containing pus (however small) on the hand, wrist, or other body part, that is not properly covered?

(Circle either YES or NO) YES / NO

In the Past:

Have you ever been diagnosed as being ill with typhoid fever (*Salmonella*)?
(Circle either YES or NO) YES / NO

If so, what was the date of the diagnosis? _____

Within the past three months, have you taken antibiotics for *Salmonella*?
(Circle either YES or NO) YES / NO

If so, how many days did you take the antibiotics? _____ days

If you took antibiotics, did you finish the prescription?
(Circle either YES or NO) YES / NO

History of Exposure:

1. Have you been suspected of causing or have you been exposed to a confirmed food borne disease outbreak recently? (Circle either YES or NO) YES / NO

If you answered "Yes" above, the date of outbreak: _____

a. If YES, what was the cause of the illness?

Cause: _____

b. If YES, did the illness meet any of the following criteria?
(Circle either YES or NO) YES / NO

- i. Norovirus (last exposure within the past 48 hours)
- ii. Shiga toxin producing *E. coli* infection (last exposure within the past 3 days)
- iii. Hepatitis A virus (last exposure within the past 30 days)
- iv. Salmonellosis (last exposure within the past 14 days)
- v. Shigellosis (last exposure within the past 3 days)

If you answered "Yes" above, which illness? _____

c. If YES, did you:

- i. Consume food implicated in the outbreak?
(Circle either YES or NO) YES / NO
- ii. Work in a food establishment that was the source of the outbreak?
(Circle either YES or NO) YES / NO
- iii. Consume food at an event that was prepared by a person who was ill?
(Circle either YES or NO) YES / NO

2. Did you attend an event or work in a setting recently where there was a confirmed disease outbreak? (Circle either YES or NO) YES / NO

If you answered "Yes" above, what was the cause of the confirmed disease outbreak?

Cause: _____

If the cause was determined to be one of the following five pathogens, did your exposure meet the following criteria for that pathogen? (Circle either YES or NO)

- a. Norovirus (last exposure within the past 48 hours) YES / NO
- b. Shiga toxin producing *E. coli* (last exposure within the past 3 days) YES / NO
- c. *Shigella* (last exposure within the past 3 days) YES / NO
- d. *Salmonella* (last exposure within the past 14 days) YES / NO
- e. Hepatitis A virus (last exposure within the past 30 days) YES / NO

3. Has another person in your household been diagnosed with illness due to any of the following: Norovirus; Shigellosis; Salmonellosis; Hepatitis A; or Shiga toxin producing *E.Coli*? (Circle either YES or NO) YES / NO

If you answered "Yes" above, what was the date of onset for the illness? _____

Health Practitioner/Doctor:

Name, Address, and Telephone Number of your Health Practitioner/Doctor:

Name of Practitioner (print) _____

Address of Practitioner (print) _____

Telephone No., including area code: Daytime _____ Evening _____

Signature

Signature of Food Employee _____

Date _____

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#1 way to stop the spread of disease!



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4. After handling dirty dishes.
5. Before putting on new gloves.
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What You Need to Know about Personal Cleanliness

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Germs Live on Food Handlers, Too

Germs that can cause foodborne illness can live **on a food handler's hands, body, clothes, and** personal belongings. If a food handler carries germs that can cause foodborne illness, they can pass them on to food when cooking or serving.

Wash Your Hands Often

All food establishments must have hand washing stations that cannot be used for anything other than hand washing. Do not block these stations and do not use other sinks to wash your hands. Stations must have soap and paper towels. A trash can should be close to each station.

To wash your hands:

- Turn on hot water (not hot enough to burn skin). Wet hands and exposed lower arms.
- Add soap to hands, lather, and scrub for 20 seconds between fingers, under fingernails, backs of hands, and exposed lower arms.
- Rinse off all soap and use a dry, clean paper towel to turn off the water. Use another dry, clean paper towel to dry your hands.

You should wash your hands:

- After touching your hair, body, or clothes
- Before putting on new gloves, switching between raw foods and ready-to-eat foods, and serving food to the public
- After using the restroom, sneezing, coughing, cleaning dishes, and using sanitizer solution or other chemicals

Wear Clothes that Fit Well and Put Away Personal Belongings

Wear clean, well-fitting clothes when coming to work. Clothes that fit well are not loose around the body, making them less likely to hold onto dirt and germs that can come into contact with food.

Make sure all personal belongings like purses, cell phones, and coats are kept out of food preparation areas because they can spread germs.

Cover Head and Facial Hair

Hairnets or hats must be worn by all food handlers, even those with short hair. Hairnets and hats should cover and secure all pieces of hair. Facial hair, like a beard, should also be covered by a hairnet.

Hairnets are a better, cheaper option to stop hair from falling into food. They work better than baseball caps or hats and are less likely to carry dirt and germs.

Wear Gloves when Handling Food and Kitchen Utensils

Food handlers are required to protect ready-to-eat food and should wear gloves before handling any of these foods. Hands must be washed before putting on gloves.

Gloves are one-time use and should be changed and thrown away when switching between foods or kitchen utensils. They should also be thrown away if they are damaged or broken.