SANITATION…
IT'S ALL IN YOUR HANDS

2019 FOOD SAFETY TRAINING

MCHENRY COUNTY DEPARTMENT OF HEALTH

OVERVIEW

- Statistics
- Common Foodborne Illness
- Barriers/Hand Washing
- Food Handler Practices
- Illness Recognition

STATISTICS

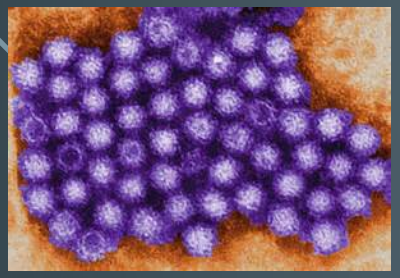
Each year…..

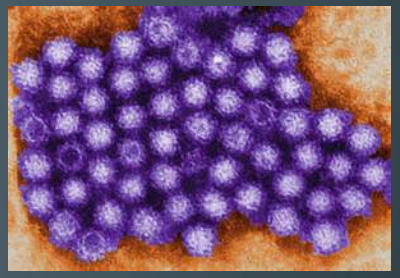
- 48 MILLION Americans (1 of 6) experience G/I illness
- 128,000 hospitalizations
- 3000 deaths

TOP 5 PATHOGENS CONTRIBUTING TO DOMESTICALLY ACQUIRED FOODBORNE ILLNESS

Norovirus	58%
Salmonella	11%
Clostridium Perfringens	10%
Campylobacter	9%
Staphylococcus Areus	3%
Other	9%

2018 CDC findings





NOROVIRUS

- Cause most outbreaks
- Outbreaks primarily associated with ready-to-eat food
- Very few organisms required to cause illness
- Resistant to hand sanitizer
- Transmission involves
  - Bare hand contact of food
  - Cross contamination of utensils or food contact surfaces
  - Aerosolized droplets from vomiting

IS IT IN THE FOOD????

- Infected food workers cause about 70% of reported norovirus outbreaks from contaminated food.

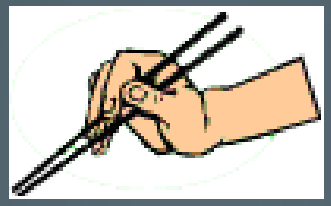
- 1 in 5 food service workers reported working while sick with vomiting and diarrhea.

CDC

BARRIERS MINIMIZE DISEASE

- Barrier use preceded by proper hand washing
- Minimize direct bare hand contact with ready-to-eat foods
- Provide and use suitable barriers (glove, utensil, other)

SUITABLE UTENSILS TO PREPARE/PLATE/PORTION FOODS



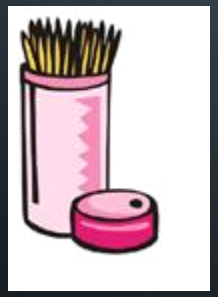
CHOPSTICKS

SCOOPS

DELI PAPERS

FORKS

SINGLE-USE GLOVES



TOOTHPICKS

TONGS

SPATULAS

PROPER GLOVE USE

- Wash hands thoroughly before putting gloves on
- Change gloves when hand washing is required
  - After any activity that contaminates gloves
  - Before task changes

SO WHY ALL THE FUSS ABOUT HAND WASHING?

Most common mode of transmission of pathogens is via hands!

FUN FACTS ABOUT HANDWASHING

- After a person uses a toilet, the number of germs that are there on his fingertips, doubles.

- According to a 2013 Michigan State University study, 5% of us actually wash our hands properly.
  - Discovering that most of us fail to wash properly, especially men, it was also learned that 33% of people don't use soap.

- Around 2 to 10 million bacteria can be found between our fingertips and elbows.

CNN
Business/Michigan
State University 2013

FUN FACTS ON HANDWASHING

- If the hands are either wet or damp, they can spread germs thousand times more than dry hands.
- The germs have the capacity to stay alive on your hands for about three hours.
- Millions of germs get accumulated under the bracelets, watches, and rings that a person might be wearing.
- According to U.S. Centers for disease control and prevention, 80% of all infections get transmitted through the hands.

CDC

WHEN TO WASH HANDS

1. After handling soiled equipment or utensils
2. After touching body parts
3. After toilet use
4. After handling animals
5. Coughing, sneezing, tobacco, eating and drinking
6. During food preparation to prevent cross-contamination
7. Switching between working with raw / ready-to-eat foods
8. Before donning gloves to initiate a task that involves working with food
9. After engaging in other activities that contaminate the hands.

FDA

WHERE TO WASH HANDS

- **Hand washing sink ONLY**

  - Food preparation sink: NO

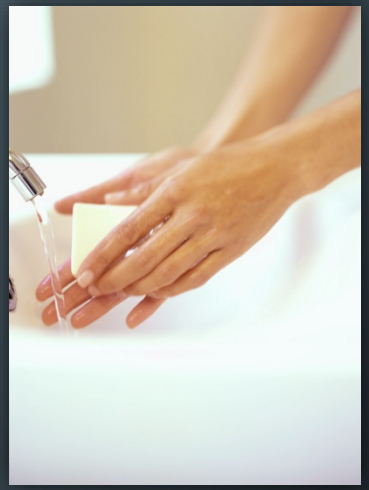
  - Ware washing sink: NO

  - Utility sink: NO

FDA

HANDWASHING

- Handwashing procedure
  - Clean, running, warm water
  - Cleaning compound (soap)
  - Rub together for 10-15 seconds
    - Fingernails
    - Fingertips
    - Between fingers
    - Back of hands
  - Rinse – clean, running, warm, water
  - Dry with provided paper towel
  - Barrier (paper towel) for faucet / door handles



FDA

HANDWASHING

- Hands and exposed arms are clean
- Fingernails clean and filed
- No fingernail polish / artificial fingernails without gloves
- No jewelry, this includes medical ID bracelet
    - Only a plain band ring is allowable

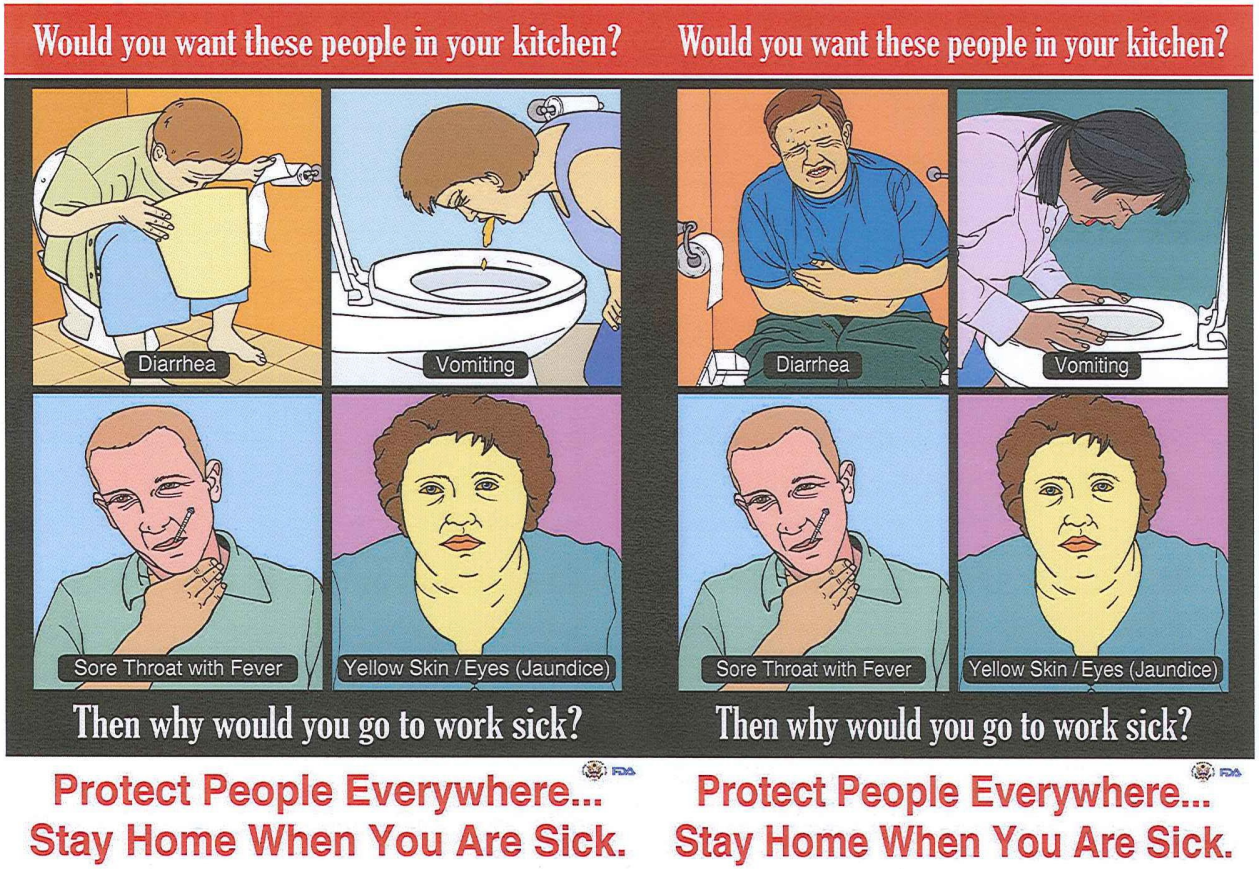
FDA

HAND ANTISEPTICS

1. Can not replace proper hand washing
2. Must be approved based upon safety and effectiveness, and
3. Must be applied to clean hands

IDPH

Illness Recognition



ILLNESS RECOGNITION

- Reportable symptoms:
  - Vomiting, Diarrhea, Jaundice, Sore throat with fever, lesion containing pus or infected wound that is open or draining
  - Diagnosed illness by a Health Practitioner
- Report illness to person-in-charge
- Report illness to local health department

EMPLOYEE HEALTH POLICY

- Facility must have on-site:
  - Employee health policy
  - Employee health agreements
  - Illness log

EXCLUSION AND RESTRICTION

- Exclude ill food handlers from food preparation
  - Re-assign to non food tasks, or
  - Send home
    - 48 hour symptom free before returning

CLEAN UP PROCEDURE

- Facility must have on-site
  - A procedure for clean up for diarrheal and vomitus events
  - A clean up kit

QUESTIONS???