**Chapter 3**

Situations that lead to contaminating food:

* When you have a foodborne illness
* When you have wounds or boils that contain a pathogen
* When sneezing or coughing
* When you have contact with a person who is ill
* When you use the bathroom and do not wash your hands
* Symptoms such as diarrhea, vomiting, or jaundice

Carriers: A person who carries pathogens and infects others without ever getting sick themselves

Actions that can contaminate food:

* Scratching the scalp
* Running fingertips through hair
* Wiping or touching the nose
* Rubbing an ear
* Touching a pimple or infected wound/boil
* Wearing or touching a dirty uniform
* Coughing or sneezing
* Spitting in the operation

Handwashing

* Most important part of personal hygiene
* Must be washed in a designated sink (not in one designated for food prep)
* How to:
  + Wet hands and arms, apply soap, scrub hands and arms for 10-15 seconds, rinse thoroughly, dry off
* Wash hands before preparing food or working with clean equipment and utensils. Also, before putting on clean gloves
* Corrective action when someone has not washed their hands include disposing of contaminated food, cleaning potentially contaminated equipment and utensils, retrain employee

Hand antiseptic: Liquids or gels that are used to lower the number of pathogens on skin (aka hand sanitizer)

* Only use after handwashing…NEVER in place of it!

Hand care guidelines:

* Keep fingernails short and clean
* Do not wear false fingernails
* Do not wear nail polish
* If a wound or boil cover it with an impermeable cover like a finger cot to prevent liquid from passing through

Single-Use Gloves

* Should never be used in place of handwashing
* Buy only single use gloves. Never wash and reuse gloves.
* Wash hands before putting on gloves
* Select the correct glove size
* Check for rips or tears
* Never blow into gloves
* Never roll gloves to make them easier to put on
* Change when dirty or torn
* Change before beginning a new task
* Change after an interruption, like a phone call
* Change after handling raw meat, seafood, or poultry and before handling ready to eat food
* Change after 4 hours of continuous use

Bare hand contact with ready to eat foods

* Do not handle ready to eat foods with bare hands except for the following situations:
  + The food will be added as an ingredient to a dish that does not contain raw meat but will be cooked to at least 145 F. Ex. Adding cheese to pizza dough.
* The food will be added as an ingredient to a dish that contains raw meat and the dish will be cooked to the required minimum internal temp. Ex. Salt and pepper to raw chx breast.

Do not drink, smoke, or chew gum when prepping or serving food, working in a prep area, or working in areas used to clean utensils or equipment.

Report illnesses before coming to work. This is especially important if it involves on of the following symptoms: vomiting, diarrhea, jaundice, sore throat with fever, or infected wound or boil that is open or draining.

Restricting or excluding staff for medical conditions:

* If infected with wound or boil that is not properly covered RESTRICT from working with exposed food, utensils, and equipment
* If sore throat with fever RESTRICT from working with exposed food, utensils, and equipment and EXCLUDE from operation if you serve high risk populations
* Persistent sneezing, coughing, or runny nose RESTIRCT from working with exposed food, utensils, and equipment
* If has 1 of the following symptoms: vomiting, diarrhea, or jaundice EXCLUDE from the operation. They can return once no symptoms for 24 hours or if they have a doctor’s note. If they have jaundice it must be reported to regulatory authority. Someone who has jaundice MUST be excluded from the operation for at least 7 days.
* If vomiting or diarrhea and has been diagnosed with norovirus, shigella spp., nontyphoidal salmonella, or E coli EXCLUDE from operation and report to regulatory authority.