



**Food Safety News**  
Yavapai County Environmental Health and  
The University of Arizona Cooperative Extension



**A Food Safety Partnership**  
*Making Yavapai County A Safer Place to Eat*  
November, 2010

***Employee Health and Personal Hygiene***

The Food and Drug Administration (FDA) has developed an Employee Health and Personal Hygiene Handbook to encourage practices and behaviors that can help prevent food employees from spreading viruses and bacteria to food. It provides information in a question and answer format that food establishment management and food employees can use to prevent the spread of disease. It also provides easy reference forms that food establishment employees may find useful when training staff and addressing employee health and hygiene matters.

The Centers for Disease Control and Prevention (CDC) and FDA cite five highly infective pathogens that can easily be transmitted by food workers and cause severe illness. These five pathogens, also known as the "Big 5," include Norovirus, Hepatitis A virus, Salmonella Typhi, Shigella spp., and Escherichia coli (E. Coli) O157:H7.

The handbook highlights a combination of three interventions that can be effective in prevention of the transmission of foodborne viruses and bacteria in food establishments. These interventions include: (a) restricting or excluding ill employees from working with food; (b) using proper handwashing procedures; and (c) eliminating bare hand contact with foods that are ready-to-eat (RTE).

Proper management of a food establishment involves ensuring that food employees do not work when they are ill and having procedures for identifying employees who may transmit foodborne pathogens to food, other employees, and customers.

Management must ensure that food employees and "conditional" hires alike are aware of the reporting requirements for foodborne illness symptoms and diagnoses. The person in charge must understand the requirements for restricting, excluding, and reinstating food employees.

Free Employee Health and Personal Hygiene handbooks are available by sending an email to [CFSANPublicationRe@fda.hhs.gov](mailto:CFSANPublicationRe@fda.hhs.gov) and requesting the publication by name and number:

**Employee Health and Personal Hygiene Handbook  
IFS 04**

**Online information is available at:**

<http://www.fda.gov/Food/FoodSafety/RetailFoodProtection/IndustryandRegulatoryAssistanceandTrainingResources/ucm113827.htm>

**UPCOMING FOOD SAFETY MANAGER CLASSES**

**English Classes in Prescott- Nov. 1, Dec. 6 at UA Cooperative Extension, 840 Rodeo Dr., Bldg. C**

**English Classes in Cottonwood-Nov. 10, Dec. 13 at County Annex Bldg., 10 South 6<sup>th</sup> St., 2<sup>nd</sup> Floor-Verde Room**

**2011 Certified Professional Manager Schedule is available on our Web site.**

Call 928-445-6590 x221 to register or download the registration form from our Web site at: [cals.arizona.edu/Yavapai](http://cals.arizona.edu/Yavapai)

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