

Do List For Food Handlers

Data provided by the Center for Disease Control (CDC) indicates that a leading cause of foodborne illness outbreaks is poor personal hygiene of food service employees. These outbreaks can be prevented by doing the following:



DO NOTIFY YOUR SUPERVISOR if you have diarrhea or vomiting (together with other symptoms of illness) or diarrhea alone. **DO NOT WORK WITH FOOD.** Common foodborne diseases spread by poor hygiene include but are not limited to Hepatitis A, Norovirus, Shigella, E. coli O157:H7, Salmonella, Salmonella typhi, Staphylococcus aureus, and Entamoeba histolytica.

DO COVER CUTS, SORES, OR RASHES on the hands with bandages to protect food from contamination. Wear a glove over the bandage when working with food. Change gloves as often as handwashing is required. Ideally, employees with cuts and abrasions should be removed from food preparation activities and placed in low-risk activities, such as cleaning detail or working a cash register. [Section 113973]



DO WASH YOUR HANDS as often as necessary to prevent possible contamination of food. Proper handwashing is the single most important means of preventing the spread of disease. A foodservice worker infected with Hepatitis A can unknowingly pass this disease after inadequate handwashing. The symptomatic carrier can pass the disease for 2 weeks before they show any onset of symptoms.

DO USE UTENSILS, such as tongs or tissue paper, or clean gloves to minimize bare hand use when handling foods which are ready-to-eat such as salads and sandwiches.



DO WEAR CLEAN CLOTHES and keep your hair clean and restrained by utilizing hats, haircoverings, or nets. Dirty clothing carries disease-causing microorganisms which can contaminate clean hands. Oily, dirty hair can carry and hold large numbers disease-causing bacteria.

DO KEEP YOUR FINGERNAILS SHORT, trimmed, and clean. Finger nails are known to harbor bacteria and must be kept clean. Gloves should be worn to cover artificial nails, nail polish, rings (other than plain rings such as wedding bands), and uncleanable orthopedic support devices. [Section 113973a]

