

FOOD WORKER SAFETY

The information below is intended to educate food workers about foodborne diseases and how to reduce the risk of foodborne disease transmission.

DO NOT GO TO WORK IF

YOU HAVE ANY OF THESE SYMPTOMS:



Vomiting



Jaundice



Diarrhea -
Loose Stools



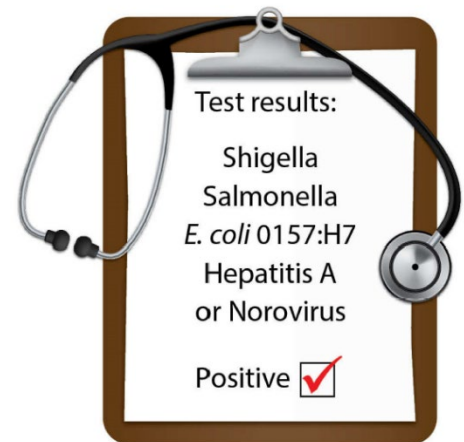
Sore throat
with fever

Immediately report to the person-in-charge (PIC) if you have:

- **Vomiting & diarrhea:** Do not return to work until you have no symptoms for at least 24 hours.*
- **Jaundice (yellow skin or eyes):** See a doctor. Do not return to work until approved by the health department.**
- **Sore throat with fever and work with a highly susceptible population***:** Do not return to work until you have no symptoms.

DO NOT GO TO WORK IF

YOU TEST POSITIVE FOR ANY OF THESE ILLNESSES:



Immediately report to the person-in-charge (PIC) if you have:

- A diagnosis of **Shigella, Salmonella, E.coli 0157:H7, Hepatitis A, or Norovirus**
- Do not return to work until approved by the health department **

**A food employee with a symptom of gastrointestinal illness, such as vomiting, diarrhea, or jaundice, may work in a food establishment without special restriction, provided that the food employee furnishes written medical documentation from a health practitioner to the regulatory authority or person-in-charge that the symptom is due to a medical condition not transmissible through food, such as Crohn's disease, irritable bowel syndrome, ulcerative colitis, hepatitis C, cancer or pregnancy.*

***UW Environmental Health and Safety (EH&S) is the regulatory authority/local health jurisdiction for most food establishments at UW locations.*

****Highly susceptible population facilities include nursing homes, assisted living facilities, preschools, child or adult daycares, and medical centers.*

DO NOT WORK WITH FOOD (OR ANYTHING THAT TOUCHES FOOD) IF YOU HAVE:

- A cut, wound, burn or sore that is inflamed or contains pus that you cannot cover
- Persistent sneezing, coughing, or a runny nose
- A sore throat with a fever
- Ate or prepared food implicated in a foodborne illness outbreak and you work with a highly susceptible population***
- Been near someone with a foodborne illness and you work with a highly susceptible population***

Immediately report your symptoms or exposure to the person-in-charge (PIC):

- **A cut, wound, burn or sore that is inflamed or contains pus that you cannot cover:** Do not work with food until the lesion can be properly protected.
- **Sneezing, coughing, or a runny nose:** Do not work with food until you have no symptoms.
- **A sore throat with a fever:** Do not work with food until you have no symptoms.
- **Ate or prepared food implicated in a foodborne illness outbreak and you with a highly susceptible population***:** Do not work with food until approved by the health department**.
- **Been near someone with a foodborne illness and you work with a highly susceptible population***:** Do not work with food until approved by the health department**.

REPORT TO THE HEALTH DEPARTMENT**

PERSON-IN-CHARGE (PIC) MUST REPORT THE FOLLOWING TO THE HEALTH DEPARTMENT:

- Food worker with jaundice
- Food worker with diagnosed foodborne illness, even if the worker has no symptoms
- Report of potential foodborne illness incident, such as a customer complaint of illness

Contact EH&S at (206) 616-1623 or phdept@uw.edu for more information.

1 in 6

PEOPLE IN THE U.S. GET SICK
FROM FOODBORNE ILLNESS EACH YEAR

PRACTICE GOOD HYGIENE

TO PREVENT GERMS FROM GETTING INTO FOOD:

- Do not work with food when you are sick.
- Wash your hands often.
- Use utensils or clean gloves to handle food.
- Do not wear jewelry on hands or arms while preparing food.
- Trim and clean fingernails.
- Wear clean clothing.
- Keep hair tied back, short, or covered with a hair net.
- Do not wear your apron or gloves to the bathroom.
- Cover a cut, wound, burn or open sore on your hand with a bandage and a disposable glove.



MORE INFORMATION

Visit the following links for more information.

- [Washington State Food Worker Manual](#)
- [Washington Administrative Code For Food Service](#)
- [Washington State Department of Health Employee Health Plan Toolkit](#)