

Hygiene

Real Life Story

Approximately 1,400 people that ate sandwiches with tomato, lettuce or onion from a restaurant were potentially exposed to the Hepatitis A virus. Hepatitis A is easily spread through cool, moist foods that don't get cooked, such as fruits and vegetables. The outbreak was traced back to a male food worker practicing poor personal hygiene while handling vegetable garnishes creating the potential exposure to Hepatitis A. The restaurant was forced to settle for \$25,000 - \$75,000 with each of the victims (4 different families). In addition, the restaurant agreed to pay for Hepatitis A immune globulin shots for anyone who recently ate at the restaurant and compensated them \$200 each.

🦠 Scary Facts:

- Some of pathogens favorite places are hair, fingernails, and skin
- Pathogens are concentrated in and around the fingernails
- There may be hundreds of millions of germs under the fingernails

1. **Bathing:** No one wants to work with smelly co-workers. Daily bathing minimizes body odors but more importantly it reduces the number of body pathogens that may be transferred to food.
2. **Uniform** – Keep it clean. This includes nails, hair restraints, aprons, clothes. This is important because dirt and food debris on your clothes or body can easily be transferred to food.
3. **Eating, Smoking and Drinking**
These activities are allowed in designated areas, where no food is prepared, cooked or stored and utensils and equipment are not cleaned or stored. Cups require a lid and a straw or a lid and handle. Cups must be stored in an area that will avoid contaminating food or equipment.
4. **Fidgety behaviors:**
Avoid these fidgety behaviors that contribute to foodborne illness:
 - Touching hair or face
 - Scratching their scalp or any other part of the body
 - Touching a pimple or sore
 - Playing with body piercings
 - Spitting in the establishment
5. **Nail and hand care:**
Do not wear any hand jewelry including watches. A plain ring is the one exception. Long, artificial or polished nails are not allowed if handling food.

📖 Teaching tips:

- Videos are available to represent proper behavior and improper behavior in a comical way to make the subject of hygiene less uncomfortable