



Your Role in Food Safety: KEEPING EVERYONE HEALTHY!

YOU CAN PREVENT THE SPREAD OF FOODBORNE ILLNESS

- ▶ **Stop the spread.** If you have had diarrhea or vomiting within the last 48 hours, do not handle food or clean dishware. You can still pass on illness, even if you feel better.
- ▶ **Be aware, even when you feel fine.** Remember that you can spread many different illnesses to others before you even know you are sick.
- ▶ **Handwashing is crucial, but not enough.** Even thorough washing and drying only remove about half of the disease-causing germs on your hands.
- ▶ **No bare hand contact with ready-to-eat food is vital.** It's your second line of defense against passing germs to the customer's plate.
- ▶ **Viruses are powerful.** They cause over 50% of all foodborne illness outbreaks in the U.S. Symptoms often include acute diarrhea, nausea, and vomiting.
- ▶ **Viruses stay around.** They can live on surfaces like refrigerator door handles and prep tables for up to 48 hours. Sanitize frequently!
- ▶ **Some bacteria create toxins.** These toxins cannot be destroyed by cooking or freezing. Your hygiene is essential for preventing the toxins from forming in the first place.
- ▶ **Food managers and handlers are required by law to monitor the health of their employees and report certain illnesses to the Florida Department of Health.**