2019 Spring Webinar Series
2 p.m. CST

EXTENDING KNOWLEDGE » CHANGING LIVES

NDSU EXTENSION
Zoom Controls

Meeting Topic: Field2Fork - Tom Kalb Growing Vegetables
Host: Extension FCW
Invitation URL: https://zoom.us/j/609371435
Participant ID: 22

Mute/unmute
Open chat box
Chat box
Question/Answer Controls
Please Complete the Survey

- Please complete the short online survey that will be emailed to you after today’s webinar. It will take just a couple minutes!

- Be sure to sign up for an opportunity to win a prize in the drawing. After submitting the survey, a form to fill out with your name/address will appear.

- Acknowledgement: This project was supported by the U.S. Department of Agriculture’s (USDA) Agricultural Marketing Service through grant 14-SCBGP-ND-0038.
Health and Hygiene: Best Practices When Handling Food for the Public

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Objectives

• **Part I: Health**
  - What causes foodborne illness
  - How are foodborne illnesses spread
  - Prevent and reduce the risk of foodborne illness

• **Part II: Hygiene**
  - Proper Handwashing
  - Prevent barehand contact of ready-to-eat foods
  - Proper cleaning procedures
Symptoms that spread illness

- AVOID handling food, ingredients, food contact surfaces, utensils/dishware, and equipment if you or your family & household members have the following symptoms:
  - Vomit
  - Diarrhea
  - Jaundice
  - Sore throat with fever
  - Infected wound or pustular boil
Summary of Requirements for Symptomatic Food Employees  
(2013 FDA Food Code, 2-201.12)

Food employees must report symptoms immediately to the person in charge

<table>
<thead>
<tr>
<th>Symptom</th>
<th>AVOID Food handling</th>
<th>LIMIT Food handling when Household / Family Members are ILL</th>
<th>When is it OK To GET BACK TO WORK handling food again* ?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vomiting</td>
<td>✓</td>
<td>✓</td>
<td>24 hours after getting better</td>
</tr>
<tr>
<td>Diarrhea</td>
<td>✓</td>
<td>✓</td>
<td>24 hours after getting better</td>
</tr>
<tr>
<td>Jaundice</td>
<td>✓</td>
<td>✓</td>
<td>7 days or when Dr says it’s OK</td>
</tr>
<tr>
<td>Sore Throat with Fever (serving vulnerable populations)</td>
<td>✓</td>
<td>✓</td>
<td>On antibiotics for 24 hours or when Dr says it’s OK</td>
</tr>
<tr>
<td>Infected wound or Pustular Boil</td>
<td></td>
<td>✓</td>
<td>When the infected wound or boil is properly covered</td>
</tr>
</tbody>
</table>
When is it OK for the food handler to get back to work?

• 24 hours after your symptoms go away
• 24 hours after your ill family member's symptoms go away
• A doctor provides medical documentation symptoms are not infectious
Illnesses are Reportable Conditions
The Big 6

- Norovirus
- Hepatitis A Virus
- Salmonella Typhi
- Salmonella (Nontyphoidal)
- Shigella
- Shiga toxin-producing E. coli (STEC)
Case Investigation

- Clinical information
- Occupation – Food handler
- Travel history
- Food/water history

- Household contacts
- Ill contacts
- Large gatherings/public events
- Childcare/school
Who is affected by foodborne illness?

- The general population is at risk for foodborne illness.

Especially vulnerable populations
- Immunocompromised, that is, have an immune system which has been impaired by disease or medical treatment;
- Pregnant woman;
- Preschool-age children;
- Elderly;
- Sick; or
- Confined to facilities that provide custodial care.
“Stomach Bug” or “Food Poisoning”

- **Norovirus** – cause more than 50% outbreaks
- Symptoms
  - Diarrhea
  - Vomiting
  - Nausea
  - Stomach ache/pain
- Most people will contract it **5** times in their lifetime

You can get sick multiple times during your lifetime!
Norovirus

• 30% of people infected are asymptomatic
• People are most contagious:
  – When sick with norovirus symptoms
  – Up through the first few days after recovery
• Symptoms can be severe for young children and older adults that can lead to dehydration and hospitalization.

Incubation Period
12 to 48 hours

Illness Duration
1 to 3 days

Virus can stay in stool for 2 weeks after you feel better
Transmission: Fecal-Oral

- Norovirus is highly contagious!!
- Touching surfaces or objects contaminated with norovirus and then putting your hands in your mouth
  - Faucets, door handles in restrooms
- Direct physical contact with an infected person
- Drinking or eating food that is contaminated with norovirus
- Aerosolized vomit

How You Get Norovirus From People or Surfaces

Norovirus spreads when a person gets poop or vomit from an infected person in their mouth.

Providing Care

Shaking Hands

Touching Your Mouth

Changing Diapers

Touching Contaminated Surfaces

You Become Ill With Norovirus

For more information, visit www.cdc.gov/norovirus
How contagious is norovirus?

Just a very small amount - as few as 18 viral particles - of norovirus on your food or your hands can make you sick.

That means the amount of virus particles that fit on the head of a pin would be enough to infect more than 1,000 people!

SOURCE: Journal of Medical Virology, August, 2008

Millions of viral copies per gram of feces in symptomatic people with diarrhea

1 gram of sugar = 1/4 of a teaspoon
Prevention Strategies

• Restriction or exclusion of ill food handlers
• Proper hand hygiene – washing hands with soap and water
• Food contact surfaces sanitation
• Clean and disinfect contaminated surfaces
  – Bleach solution
  – EPA-registered disinfectant with claims against norovirus
• Elimination of barehand contact with read-to-eat (RTE) food
  – Gloves, utensils
Clean-up of Vomiting and Diarrheal Events.

Have procedures for food handlers to follow when responding to vomiting or diarrheal events in the home.

Minimize spread of contamination and exposure to household & family members, employees, consumers, FOOD, and surfaces to vomitus or fecal matter.
North Dakota Division of Food and Lodging

Mission Statement

We, the employees of the Food and Lodging Division, are dedicated to ensuring safe and sanitary food and lodging establishments for consumers of these services in North Dakota through education and inspection of licensed facilities. We advance our mission by collaborating, networking, and training with local health units, the industry, and other state and federal agencies.

The Division of Food and Lodging is responsible for protecting public health through licensing and inspection of restaurants, bars, lodging facilities, mobile home parks, campgrounds, bed and breakfast facilities, retail food stores, meat markets, bakeries, schools, salvage food establishments, small food manufacturers/processors, taverns, saloons, tattoo and body art facilities, electrocution and assisted living facilities. Inspection procedures ensure these licensed establishments meet both sanitation and certain food safety standards before opening to the public and while in operation.

The Division of Food and Lodging also has Memorandums of Understanding (MOUs) with nine local health units whereby the units provide inspection and licensing functions within their areas of jurisdiction. There are MOUs with three city health units and six rural-county health units.

Under an agreement with the Department of Human Services, the division also inspects and licenses preschools and day care centers that prepare food. The Division provides educational courses in safe food handling, reviews plans for new establishments and intensive remodeling projects, and helps investigate foodborne illness outbreaks.

The Division also serves as the Food and Drug Administration’s (FDA) liaison in the state on issues related to manufactured food and pesticide residues in food.

Documents available online:

- Door-to-Door Meal Sales
- Smoke Detector Testing Record
- Labeling Requirements
- Clean-Up and Disinfection for Diarrheal and Vomiting Events (8.5x11 poster, black and white)
- Clean-Up and Disinfection for Diarrheal and Vomiting Events (8.5x11 poster, color)
- Cotton Food

Food and Beverage Establishments

- NDAC 33-33-04 ND Food Code - Effective January 1, 2018
- Summary of ND Food Code Changes - Effective January 1, 2018
- North Dakota Requirements for Food and Beverage Establishments 2012 - NDAC 33-33-04 Repeated - Effective December 31, 2017
Typical Norovirus Outbreak Report

“I was at a wedding over the weekend and got sick with vomiting and diarrhea. I know there are others that got sick as well.”

Disease Control epidemiologists obtain information about the wedding:
- Guest list
- Venue/caterer
- List of food and drink served

Disease Control epidemiologists collect information about illness, what people ate or did not eat, and if they are currently sick or went to the doctor because of their illness.

Division of Microbiology analyzes stool specimens. Identifies Norovirus and reports results back to the epidemiologists.
Part II: HYGIENE

- Management and Personnel
  - Responsibility and Knowledge
  - Ill food workers
  - Training
- Proper hand hygiene
  - When to wash,
  - How to wash, and
  - Where to wash (hand sink availability)
- No barehand contact of RTE food

5 Easy Steps to Prevent Disease

1. Wet your hands and apply liquid, bar or powder soap.
2. Rub hands together vigorously to make a lather, and scrub all surfaces. Scrub well for 20 seconds! It takes that long to dislodge and remove stubborn germs. To time yourself, sing the ABCs!
3. Rinse hands well under running water.
4. Dry hands using a paper towel or air dryer.
5. If possible, use paper towel to turn off faucet.
Good Hygienic Best Practices

- Proper eating, tasting, drinking, or tobacco use
- Hair restraints
- Personal Cleanliness
- Separate food production times from other chores
- Separate pets from food production areas
• Cleaning policies and practices
• Food-contact surfaces cleaning frequency
• Water, Plumbing and Waste
Cleaning and sanitizing procedures

- Use an EPA-approved sanitizer for food contact surfaces
- Follow the label instructions
- Bleach (example 100 ppm)
- Quat (example 200-400 ppm)

BLEACH (SODIUM HYPOCHLORITE)

QUAT (QUATERNARY)

<table>
<thead>
<tr>
<th>For Laundry</th>
<th>Product</th>
<th>Water</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bleachable Fabrics</td>
<td>3/4 Cup</td>
<td>Standard Washer</td>
<td>Use a detergent. For best results: Dilute bleach with a quart of water and add to wash 5 minutes after the wash cycle has begun. For HE machines: Fill machine dispenser to maximum level.</td>
</tr>
<tr>
<td>Avoid bleaching wool, silk, mohair, leather, spandex and nonfast colors.</td>
<td>1-1/4 Cups</td>
<td>Extra Large Washers</td>
<td></td>
</tr>
</tbody>
</table>

<table>
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<tr>
<th>For Sanitizing</th>
<th>Product</th>
<th>Water</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Work Surfaces</td>
<td>1 Tbsp.</td>
<td>1 Gallon</td>
<td>Wash, rinse, wipe surface area with bleach solution for at least 2 minutes, let air dry. Wash and rinse. After washing, soak for at least 2 minutes in bleach solution and air dry. Pre-wash items, then soak them in bleach solution for at least 5 minutes. Rinse well and air dry.</td>
</tr>
<tr>
<td>Dishes, Plastic Cutting Boards, Baby Bottles, Dishcloths &amp; Rags</td>
<td>1 Tbsp.</td>
<td>1 Gallon</td>
<td></td>
</tr>
<tr>
<td>3/4 Cup</td>
<td>1 Gallon</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>For Disinfecting</th>
<th>Product</th>
<th>Water</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Floors, Tiles, Bathtubs, Showers, Kitchen Sinks, Baby Toys</td>
<td>3/4 Cup</td>
<td>1 Gallon</td>
<td>Pre-wash surface, mop or wipe with bleach solution. Allow solution to contact surface for at least 5 minutes. Rinse well and air dry.</td>
</tr>
</tbody>
</table>

DO NOT use this product full strength for cleaning surfaces. Always dilute strictly in accordance with label directions. For prolonged use, wear gloves.
Contact information

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Questions?
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