



Public Health
Prevent. Promote. Protect.
Cambridge-Guernsey County

Cambridge-Guernsey County HD

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Foodborne Illnesses May

Include:

Some of the common foodborne illnesses include, but are not limited to the following:

Botulism

Campylobacter

E. coli

Listeria

Norovirus

Salmonella

Staph

Trichinosis

MINIMUM TEMPERATURES AND

HOLDING TIMES:

165°F (74°C) 15 seconds

- Poultry—chicken, turkey, duck, goose—whole, parts or ground
- Soups, stews, stuffing, casseroles, mixed dishes
- Stuffed meat, poultry, fish and pasta
- Food, covered, cooked in microwave oven (hold covered **2 minutes** after removal)
- Leftovers (to reheat)

155°F (68°C) 15 seconds

- Hamburger, meatloaf and other ground meats, injected meats, ground fish
- Fresh shell eggs—cooked and held for service (such as, scrambled)

145°F (63°C) 15 seconds

- Beef, corned beef, pork, ham—roasts (hold **4 minutes**)
- Beef—intact steaks (surfaces)
- Lamb, veal, pork—steaks or chops
- Fish, shellfish
- Fresh shell eggs—broken, cooked and served immediately

135°F (57°C) Reheat for hot holding

- Ready-to-eat, commercially processed—ham, other roasts

MOST COMMON VIOLATIONS!

1. Thermometers hidden, broken, or missing.
2. Improper thawing.
3. Unwrapped food in refrigerators.
4. No hair restraints (hair nets, caps).
5. No chemical test kits.
6. Wash-rinse-sanitize wrong order.
7. Garbage cans, dumpsters uncovered.
8. Walls and floors in poor condition.
9. Light fixtures not shielded.
10. Improper reheating.
11. Wiping cloths not in sanitizer.
12. Improper date marking.
13. Food contact surfaces not clean.
14. Non-food contact surfaces not clean.
15. Food out of temperature hot/cold holding.
16. Food not properly labeled.
17. Food not stored six-inches off floor.

FOOD HANDLERS

WHETHER WORKING IN THE FOOD SERVICE INDUSTRY IS TEMPORARY OR YOUR CHOSEN CAREER, YOUR ACTIONS IN THE KITCHEN CAN BE RESPONSIBLE FOR MAKING YOUR CUSTOMERS' EXPERIENCE ENJOYABLE, LESS THAN ENJOYABLE OR EVEN TRAGIC.

HANDWASHING PROCEDURE: Lather hands and exposed portions of arms. Vigorously rub together for at least 20 seconds, paying particular attention to areas underneath fingernails and between fingers. Rinse with clean water. Dry thoroughly with single service paper towel or hand drying device.

WHEN TO WASH HANDS: Before beginning work or when changing tasks. When soiled or contaminated. Before putting on gloves. When switching between raw & ready-to-eat food. After handling soiled equipment or utensils. After using the restroom. After touching bare human body parts (except clean hands & arms). After caring for or handling service animals or aquatic animals. After coughing, sneezing, using a tissue or tobacco, eating, drinking. After engaging in other activities that contaminate the hands.

WHERE TO WASH HANDS: Use handwashing sinks only. Do NOT wash hands in food prep sink, utensil washing sink, service sink, or mop sink. A sink used for food preparation or utensil washing, or a service mop sink, may not be provided with hand cleanser and hand drying supplies.

GLOVES: If used, single-use gloves shall be used for only one task, used for no other purpose, and discarded when damaged or soiled, or when interruptions occur in the operation. Handwashing is still required and necessary to prevent food contamination.

FINGERNAILS: Keep fingernails trimmed, filed, and maintained so edges and surfaces are cleanable and not rough. No fingernail polish or artificial fingernails when working with exposed food, unless wearing intact gloves in good repair.

JEWELRY: No jewelry on hands or arms except plain ring such as wedding band.

EATING, DRINKING, USING TOBACCO: Only in designated areas. Exception: Closed beverage container, with lid and straw, allowed if handled to prevent contamination of employee's hands; the container; and exposed food, equipment, utensils, linens, and single service articles.

HAIR RESTRAINTS: Food employees shall wear effective hair restraints (hats, hair coverings or nets, beard restraints, clothing that covers body hair, etc.) Exception: Does not apply to counter staff who only serve beverages and wrapped foods, or to hostesses and wait staff if they present a minimal risk of contaminating exposed food, equipment, utensils, linens, and single service articles.

STATISTICS SHOW:

- 48 million people suffer from foodborne illness each year
- 120,000 people require hospitalization
- 3,000 people in this country die from foodborne illness each year