

Do you feel ill? Are you sick?

If so, you are required to tell you manager if you are experiencing any of the symptoms below or if you have been diagnosed with any of the below illnesses.

Symptoms

- **VOMITING**
- **DIARRHEA** – FREQUENT LOOSE STOOLS.
- **SORE THROAT WITH A FEVER** – INDICATION OF STREP THROAT WHICH CAN SPREAD FROM CONTAMINATED HANDS TO FOOD.
- **INFECTED CUTS AND/OR BURNS WITH PUS ON HANDS AND WRIST** – YOU COULD HAVE STAPH INFECTION WHICH CAN BE SPREAD TO FOOD.
- **JAUNDICE** – YELLOW COLORING OF SKIN OR EYES. THIS IS A COMMON SYMPTOM OF HEPATITIS A VIRUS (MEDICAL ATTENTION SHOULD BE SOUGHT).



The symptoms of vomiting, diarrhea or jaundice indicate that an individual may be infected with a pathogen and are likely to shed high levels of the infectious pathogen. When a food employee sheds extremely high numbers of a pathogen through bodily fluids (nasal discharge, saliva, stool or vomit) there is a greater chance of the employee transmitting the pathogen to food, equipment and utensils which are then served to the, even when good handwashing practices and use of single use gloves are in place.

Illnesses

- **NOROVIRUS**
- **SALMONELLA TYPHI (TYPHOID FEVER)**
- **SHIGELLA SPP. INFECTION**
- **E. COLI INFECTION (ESCHERICHIA COLI 0157:H7 OR OTHER EHEC/STEC INFECTION)**
- **HEPATITIS A**

If you are at work and you begin to experience any symptom listed above you should:

1. Stop working immediately!
2. Report to your manager.
3. Leave the food service area.

(The specific diagnosis will determine when an employee can return to work.)

REMEMBER, YOU ARE RESPONSIBLE OF BEING AWARE OF THE SYMPTOMS AND DIAGNOSED ILLNESSES AND TO REPORT THEM TO YOUR SUPERVISOR, IN ORDER TO PROTECT YOUR CUSTOMERS AND CO-WORKERS.

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