

Sanitation Solutions

General Tips for Preventing the Flu



- Avoid close contact with sick people.

Stay home when sick to prevent spreading your illness to others. Cover your mouth and nose, with a tissue or your arm, when coughing or sneezing.



- Clean your hands often to prevent the spread of germs.



- Avoid touching your eyes, nose or mouth.

Food Handlers and the 2009 H1N1 Flu

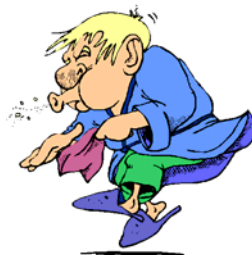
The 2009 H1N1 virus, originally called the “swine flu” because lab testing showed similarities between this new virus and the flu viruses that normally occur in pigs (swine), is actually very different from those found in pigs. Below are some of the most important facts that you need to know about the H1N1 virus.

Q. What are the signs and symptoms of the 2009 H1N1 flu?

Symptoms include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have also reported diarrhea and vomiting. Pneumonia, respiratory failure and deaths have occurred.

Q. Can you catch the H1N1 flu from eating pork?

NO! You cannot catch the flu from eating pork or pork products. H1N1 viruses are not spread by food.



Q. How is the 2009 H1N1 flu spread?

The 2009 H1N1 flu is thought to spread the same way that the seasonal flu spreads, through respiratory secretions from person to person for example when someone with the virus coughs or sneezes. Sometimes People may also become infected by touching a surface or object contaminated with the virus and then touching their mouth or nose.



Q. As a restaurant operator, what precautions can I take to prevent the spread of the flu virus?

Maintain a healthy work environment by promoting hand and respiratory hygiene and sending sick employees home. Remind employees that following good hygiene and sanitation practices in the restaurant and staying home when they are ill can help prevent the spread of many illnesses, not just the flu. Provide the most

current flu information by contacting your local or state health department.

Q. What good hygiene practices can I encourage my employees to follow?

Wash your hands often. Cover your mouth and nose when you sneeze or cough. Avoid touching your mouth, nose or eyes.

Familiarize your employees with the symptoms of the 2009 H1N1 flu and suggest that employees who are experiencing symptoms to see a health care provider. Make sure that this information is accessible and easily visible to all employees.



For additional information:
National Restaurant Association
<http://www.restaurant.org/fluinfo/index.cfm>
CDC
<http://www.cdc.gov/h1n1flu/ga.htm>
Food and Drug Administration
<http://answers.flu.gov/categories/803>

Understanding Food Allergens

New Year's Resolutions... Restaurant Style!

- Provide a handwashing "refresher course" for employees.
- Update your standard operating procedures.
- Clean out your grease traps.
- Give your kitchen walls a good cleaning!
- Install a thermometer or replace old ones.

A *food allergy* is an abnormal reaction of the body's immune system to a substance in a food or a food ingredient. Symptoms can include a tingling sensation in the mouth or throat, itching, and swelling of face, eyes and hands. People with food allergies must avoid allergens completely, because even one bite could lead to severe illness or even death. Because of this, food allergies are a potential problem that every restaurant manager and its employees should take seriously.

There are eight common food allergens which are responsible for 90% of all allergic reactions in the U.S. These are: soy, fish, tree nuts, shellfish, milk, eggs, peanuts and wheat.

The following can help minimize food-allergy problems in your restaurant:

1. Make sure that your staff is familiar with the eight most common food allergens.
2. Servers should be able to describe menu items and the potential allergen ingredients they contain. Designate a "point" person during each shift that is prepared to answer questions about ingredients and how the food is prepared.
3. Train your cooking staff to use good preparation practices to avoid cross contamination with an allergenic food. This includes foods, utensils, and surfaces that have come into contact with allergens.
4. Have an emergency procedure and train your staff to be able to carry out those procedures.



2010 ServSafe® Course Schedule

Contact Your Local Extension Office to Register

Albemarle County Extension Office

February 3 and 10, 9:00 AM – 5:00 PM (Thomas Jefferson Health Dept)

April 5 and 12, 9:00 AM – 5:00 PM (Albemarle County Office Bdg on 5th)

(note: one day classes for those previously ServSafe certified
call Archer Campbell at the Health Dept (434)972-6256)

Caroline County – Ladysmith Branch Library (call Stafford office)

June 22, 24, 25, 10 AM - 4:00 PM

Loudoun County Extension Office

February 22 and March 1, 9:00 AM – 4:30 PM (exam at 1:00 PM)

April 26, 7:45 AM - 5:00 PM, exam at 4:00 PM (**8-hour class**)

Orange County Extension Office call (540)672-1361

May 6 and 13, 9:00 AM – 5:00 PM

Prince William County Extension Office

March 16 and 23, 8:30 AM - 5:00 PM, Classes & Exam

May 6 and 13, 8:30 AM – 5:00 PM, Classes & Exam

Stafford County Extension Office

March 10-12, 9:00 AM—4:00 PM

Local VCE Offices

ALBEMARLE

434-872-4580

FAIRFAX

703-324-5369

FAUQUIER

SERVING CULPEPER, ORANGE,
MADISON & RAPPHANNOCK

540-341-7950

LOUDOUN

703-777-0373

PRINCE WILLIAM

703-792-4764

STAFFORD

SERVING CAROLINE, KING GEORGE &
SPOTSYLVANIA

540-658-8000