

Personal Hygiene

(1) Health and disease control – No person while affected with any disease in a communicable form or while a carrier of such disease or while afflicted with boils, infected wounds, sores or an acute respiratory infection shall work in any area of a food service establishment in any capacity in which there is a likelihood of such person contaminating food or food-contact surfaces with pathogenic organisms, or transmitting disease to other individuals and no person known or suspected of being affected with any such disease or condition shall be employed in such an area or capacity. If the management of the food service establishment has reason to suspect that an employee has contracted any disease in a communicable form or has become a carrier of such disease that can be transmitted by normal food service operation, the department shall be notified immediately. Both management and employee shall be responsible for compliance with the requirements of this section.

(2) Cleanliness – The outer clothing of all employees shall be clean. Employees shall maintain a high degree of personal cleanliness during all periods of duty. All persons involved with food preparation or food storage, or who come in contact with utensils or other food-contact services, shall comply with paragraphs (a) through (f).

(a) Hairnets, headbands, caps or other effective hair restraints shall be worn to keep hair from food and food-contact surfaces.

(b) Keep their fingernails trimmed, filed, and maintained so the edges and surfaces are cleanable and not rough. Fingernails exceeding one-eighth inch beyond the nail bed shall not be considered trimmed and must comply with paragraph (c) of this subsection.

(c) Not wear fingernail polish or artificial fingernails when working with exposed food or unwrapped utensils unless wearing intact gloves in good repair.

(d) Except as specified in paragraph (f) of this section, shall not eat or drink in food storage and preparation areas, or in areas containing exposed food or unwrapped utensils, or where utensils are cleaned or stored.

(e) Not wear jewelry on their arms and hands while preparing food. This does not apply to a single plain ring such as a wedding band.

(f) Be allowed to drink from a beverage container with a tight fitting lid, if the container is handled to prevent contamination of the employees' hands, the container or unwrapped single-service article; and exposed food, clean equipment, utensils, and linens.

(3) Tobacco – Employees shall not smoke or use tobacco in any form while engaged in the preparation or service of food or while handling any utensils or equipment. Smoking shall not be permitted in food storage and preparation areas or in areas where utensils are cleaned or stored.

(4) Other practices – Spoons, knives and forks shall be picked up and touched only by their handles. Cups, glasses and bowls shall be handled so that fingers or thumbs do not contact inside surfaces or lip-contact outer surfaces.



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(5) Handwashing – Employees shall wash their hands and exposed portions of their arms at designated handwashing facilities at the following times:

- (a) After touching bare human body parts other than clean hands and clean, exposed portions of arms;
- (b) After using the toilet room;
- (c) After caring for or handling support animals as allowed under subsection 64E-11.008(8), F.A.C.;
- (d) After coughing, sneezing, using a handkerchief or disposable tissue, using tobacco, eating, or drinking (except as noted in paragraph (2)(f) of this section);
- (e) Immediately before engaging in food preparation including working with exposed food, clean equipment and utensils, and unwrapped single-service and single-use articles;
- (f) During food preparation, as often as necessary to remove soil and contamination and prevent cross contamination when changing tasks;
- (g) When switching between working with raw foods and working with ready-to-eat foods; and
- (h) After engaging in other activities that contaminate the hands.

(6) Other – Infants and children shall not be permitted in food preparation areas. Only authorized individuals, necessary for the operation of the food service establishment, or as part of an organized educational event, shall be allowed in the food preparation or utensil washing areas.



5 Tips to Prevent Norovirus From Spreading

Norovirus spreads very easily from infected people to others, and through contaminated foods and surfaces. There is currently no vaccine to prevent norovirus; although, this is an area of active research. You can help protect yourself and others from norovirus by following these prevention tips.

1. Practice proper hand hygiene

Wash your hands thoroughly with soap and water

- especially after using the toilet or changing diapers
- always before eating, preparing, or handling food, and
- before giving yourself or someone else medicine.

Norovirus can be found in your vomit or poop even before you start feeling sick. The virus can stay in your poop for 2 weeks or more after you feel better. It is important to continue washing your hands often during this time.

You can use alcohol-based hand sanitizers in addition to hand washing. But, you should not use hand sanitizer as a substitute for washing your hands with soap and water. Hand sanitizers aren't as effective as washing hands with soap and water at removing norovirus particles. See "[Handwashing: Clean Hands Save Lives.](#)"



Proper Handwashing.pdf



5 Tips to Prevent Norovirus From Spreading Cont...

2. Handle and prepare food safely

Carefully wash fruits and vegetables before preparing and eating them. Cook oysters and other shellfish thoroughly before eating them.

Be aware that noroviruses are relatively resistant to heat. They can survive temperatures as high as 145°F and quick steaming processes that are often used for cooking shellfish.

Food that might be contaminated with norovirus should be thrown out.

Keep sick infants and children out of areas where food is being handled and prepared.



3. When you are sick, do not prepare food or care for others who are sick


You should not prepare food for others or provide healthcare while you are sick *and for at least 2 days after symptoms stop*. This also applies to sick workers in restaurants, schools, daycares, long-term care facilities, and other places where they may expose people to norovirus.



4. Clean and disinfect surfaces

After someone vomits or has diarrhea, always thoroughly clean and disinfect the entire area immediately. Put on rubber or disposable gloves, and wipe the entire area with paper towels, then disinfect the area using a bleach-based household cleaner as directed on the product label. Leave the bleach disinfectant on the affected area for at least five minutes then clean the entire area again with soap and hot water. Finish by cleaning soiled laundry, taking out the trash, and washing your hands.

To help make sure that food is safe from norovirus, routinely clean and sanitize kitchen utensils, counters, and surfaces before preparing food.

You should use a chlorine bleach solution with a concentration of 1000 to 5000 ppm (5 to 25 tablespoons of household bleach [5% to 8%] per gallon of water) or other disinfectant registered as effective against norovirus by the Environmental Protection Agency (EPA). For more information, see [EPA's Registered Antimicrobial Products Effective Against Norovirus \(Norwalk-like virus\)](#)  [3 pages] [↗](#).

[Watch this video](#) about how to clean up after someone with norovirus vomits or has diarrhea

5 Tips to Prevent Norovirus From Spreading Cont...

5. Wash laundry thoroughly

Immediately remove and wash clothes or linens that may be contaminated with vomit or poop.

You should:

- handle soiled items carefully without agitating them,
- wear rubber or disposable gloves while handling soiled items and wash your hands after, and
- wash the items with detergent and hot water at the maximum available cycle length then machine dry them at the highest heat setting.

[Waterandhealth.org downloadable posters](https://www.waterandhealth.org/downloadable-posters)

Clean-up and Disinfection for Norovirus

Help Prevent the Spread of Norovirus ("Stomach Bug")

IF NOROVIRUS IS AFFECTING YOUR COMMUNITY, HERE ARE SOME ACTIONS YOU CAN TAKE TO HELP PREVENT FURTHER ILLNESS

1 Clean up surfaces

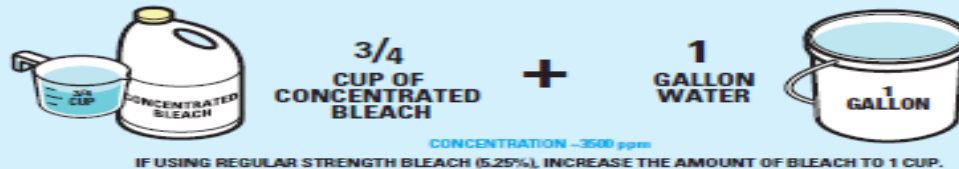
- Clean frequently touched surfaces with soapy water
- Rinse thoroughly with plain water
- Wipe dry with paper towels
- Dispose of paper towels

DON'T STOP HERE: GERMS CAN REMAIN ON SURFACES EVEN AFTER CLEANING!

2 Disinfect surfaces

a. Prepare and apply a chlorine bleach solution

Make bleach solutions fresh daily; keep out of reach of children; never mix bleach solution with other cleaners. Mixing directions are based on EPA-registered bleach product directions to be effective against norovirus. For best results, consult label directions on the bleach product you are using.



- Leave surface wet for at least 5 minutes
- Rinse all surfaces intended for food or mouth contact with plain water before use

3 Wash your hands thoroughly with soap and water

Hand sanitizers may not be effective against norovirus.



Facts about Norovirus

Norovirus is the leading cause of outbreaks of diarrhea and vomiting in the US, and it spreads quickly.

Norovirus spreads by contact with an infected person or by touching a contaminated surface or eating contaminated food or drinking contaminated water. Norovirus particles can even float through the air and then settle on surfaces, spreading contamination.

Norovirus particles are extremely small and billions of them are in the stool and vomit of infected people.

Any vomit or diarrhea may contain norovirus and should be treated as though it does.

People can transfer norovirus to others for at least three days after being sick.



Scientific experts from the U.S. Centers for Disease Control and Prevention (CDC) helped to develop this poster. For more information on norovirus prevention, please see <http://www.cdc.gov/norovirus/preventing-infection.html>.

Bandages, Finger Cots, or Finger Stalls

New 2017 Food Code Section Bandages, Finger Cots, or Finger Stalls



In the 2017 Food Code, the FDA included a new section stating that single-use gloves shall be worn over bandages, finger cots, or finger stalls, to prevent these items from falling into food during preparation and becoming a physical hazard. Adopting this provision into your regulatory framework can provide effective controls as a means of reducing contamination hazards within retail food establishments, ultimately protecting consumers and industry.

What was added: Section 2-401.13 Use of Bandages, Finger Cots, or Finger Stalls	Why it matters: Not in my food!	Who should know: Regulators, Industry and Food Employees
If a food employee working with an exposed food is using an impermeable cover (bandage, finger cot or finger stall) located on the wrist, hand or finger, the employee shall protect the cover with a single-use glove.	Bandages, finger cots or finger stalls could be potential <i>physical</i> hazards when worn by a food employee without gloves. They can fall into food during preparation, and someone could choke on them. So, reduce the risk by wearing a single-use glove to cover a bandage, finger cot or stall when used on the wrist, hand or finger.	If you are wearing a bandage, finger cot or finger stall, or you see someone who is, add a single-use glove for a double-barrier!

Food Code

U.S. Public Health Service



For more information on this new section of the Food Code, please go to Chapter 2: Management and Personnel Part 2-4: Hygienic Practices Subpart 2-401: Food Contamination Prevention.

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The Food Code:
www.fda.gov/FoodCode

