



Deschutes County Environmental Health Food Safety Newsletter

Winter 2018-2019

2577 NE Courtney Dr.
Bend, OR 97701

541-317-3114
www.deschutes.org/health

Stop illness spreading! Report!

Imagine that it's 4pm on a Sunday afternoon and you're sick to your stomach... was it the holiday buffet you attended at noon? Or maybe you picked something up when eating out with some friends a few nights ago. If you think you were a victim of food poisoning, it's important to report this information to the health department promptly. Reporting foodborne illness prevents more people from getting sick, and also gives restaurants information to correct risky food safety practices so that they can provide the public with safer meals.

There are several ways to report your illness to Deschutes County Environmental Health Department. The easiest way to report a health concern is by using our online portal, available here:

<https://www.deschutes.org/health/page/report-public-health-concern>

Another way to report your foodborne illness is by calling our Department at 541-317-3114. In all cases, please know that we respond to every complaint and that you are able to submit information anonymously.

Even more importantly, if you work at a licensed food or beverage establishment, reporting illness is the law. Sections 2-202.11 and 2-201.12 of the 2012 Oregon Food Sanitation Rules contains specific regulations stating that information about the health of food employees that relates to diseases that are transmitted through food *must* be reported to the person in charge (PIC). Specifically, the rules state that food employees must report symptoms including vomiting, diarrhea, sore throat with fever, jaundice and infected wounds to the PIC. Employees must also report when symptoms started and any diagnosis of reportable disease. Food employees must also report to the PIC if they have been living in the same household or working in a setting in which there was a confirmed reportable disease outbreak.


In turn, the PIC must report a food employee with jaundice or a reportable disease diagnosis to Deschutes County Environmental Health. Those reportable diseases include Norovirus, Hepatitis A, shigellosis or Shiga-toxinogenic Escherichia coli (STEC) or Salmonella typhi infection.

A critical factor in making sure that employees report this information to the PIC is education. Make sure that your employees know the reportable symptoms and diseases by posting food safety information throughout your establishment, and reviewing it regularly with your employees during food safety trainings.

The Oregon Food Sanitation Rules also has regulations in place about restricting employees' responsibilities, or excluding them from the establishment, based on their symptoms or diagnoses. Read more about the Employee Illness Policy in the 2012 Oregon Food Sanitation Rules here.

<https://www.oregon.gov/oha/PH/HEALTHYENVIRONMENTS/FOODSAFETY/Documents/foodsantiationrulesweb.pdf>

If more food employees are aware of the rules regarding the importance of not working while sick, there should be fewer illnesses to report and less of those afternoons when you wonder what it was that made you sick to your stomach.

 Don't forget licence fees are due December 31st! Ensure you are up to date and don't incur a late fee by renewing today! If you have lost your invoice or have questions about renewals please call 541-317-3114.

Oregon Health Authority provides many great resources for operators including the PDF version of the Oregon Food Sanitation Rules!

Find these resources here:

<https://www.oregon.gov/oha/PH/HEALTHYENVIRONMENTS/FOODSAFETY/Pages/FoodCode.aspx>

★ ★ ★ ★ ★
**Deschutes County is now offering
SERVSAFE Manager Classes!**
★ ★
**Class is scheduled for January 31st
SEE ATTACHED REGISTRATION FORM**



You want me to clean up what?

It's that time of year again, stomach flu season. As we move into the winter months the incidence of norovirus increases and keeping ill employees home becomes a priority, but what happens when a customer or staff member gets sick in your establishment? Do your employees have the training and equipment to protect themselves and other guests while cleaning up? One way to prepare is to gather items into a cleanup kit. Keep this kit fully stocked and handy at all times in case of a bodily fluid emergency. Kits are available for purchase or you can easily make your own. Be sure to include:

Equipment to protect yourself (personal protective equipment)

- Disposable gloves
- Disposable hair cover
- Disposable shoe covers
- Disposable gown
- Disposable face mask

Clean-Up Kit:

- Disposable mop (avoid wooden mops)
- Bucket
- Disposable towels
- Trash bags/plastic bags
- A disinfectant proven to kill Norovirus:

Recommended: Mix a chlorine bleach solution using non-scented bleach. Bleach solutions should be mixed fresh just before cleaning procedures begin. Bleach solution should contain 5000 ppm chlorine · Add 1 2/3 cups bleach (5.25 - 6.15% sodium hypochlorite) to 1 gallon water § You can also use another disinfectant registered as effective against Norovirus by the Environmental Protection Agency and safe in food facilities

Print out and include the attached handout in your kit!

https://waterandhealth.org/wp-content/themes/acfl/pdfs/NorovirusPrevent_8.5x11_English_Color.pdf

A recent multi-state Salmonella outbreak that sickened over 160 people reminded us that raw turkey products must be handled carefully and cooked properly. Please see CDC link below for safe turkey preparation tips during this holiday season!

https://content.govdelivery.com/bulletins/gd/USCDC-21b878b?wgt_ref=USCDC_WIDGET_8



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

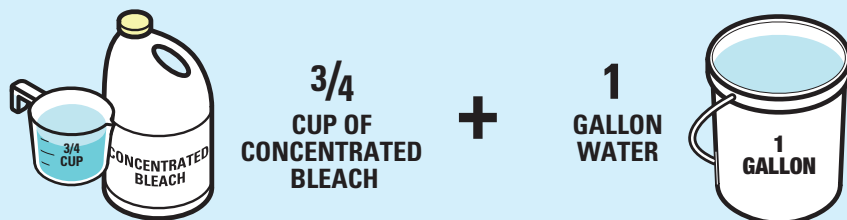
DON'T STOP HERE: GERMS CAN REMAIN ON SURFACES EVEN AFTER CLEANING!

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.



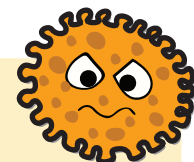
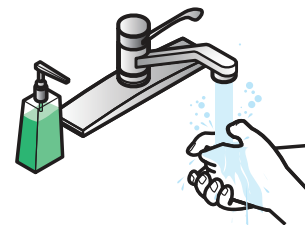
CONCENTRATION ~3500 ppm

IF USING REGULAR STRENGTH BLEACH (5.25%), INCREASE THE AMOUNT OF BLEACH TO 1 CUP.

- 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>.



co.somerset.nj.us/health



neha.org



waterandhealth.org



americanchemistry.com



cfour.org

disinfect-for-health.org

Updated March, 2015