

PREVENT THE SPREAD OF FOODBORNE ILLNESSES

# THE 3-LEGGED APPROACH TO PREVENTING FOODBORNE ILLNESSES

## RESTAURANT FOOD SAFETY

### PERSONAL HYGIENE



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##### Wash Your Hands

Always wash your hands BEFORE you handle food or begin any food-related task and AFTER these activities: handling raw meat, poultry and seafood; using the restroom; touching your hair, face, body, clothes or apron; sneezing, coughing or using a tissue; smoking, eating, drinking or chewing gum; using chemicals that might affect the safety of food; emptying or taking out the garbage; clearing tables or washing dirty dishes; handling money and making change.

### NO BARE HANDS



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##### Wear Gloves

Always wear gloves when handling ready-to-eat foods (ex: deli sandwiches, salads, baked goods, and other cooked foods). Change gloves when they become dirty or torn; before handling different ready-to-eat foods or beginning a new task; before preparing food for a guest with a known food allergy; after handling raw meat, seafood, or poultry; after touching potentially unclean surfaces such as a phone or door handle.

### NO SICK EMPLOYEES



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##### Tell Your Manager if You Feel Sick

Foodborne illnesses can easily spread from you to the food you handle. Always tell a manager if you are experiencing vomiting, diarrhea, fever, sore throat, coughing, or jaundice (yellowing of the skin and eyes) so you can recover safely at home.

## WHEN ONE LEG OF THE STOOL IS MISSING,

the stool is not supported and you put your customers, fellow employees, and restaurant at risk of foodborne illness outbreaks.

FOR MORE FOODBORNE ILLNESS PREVENTION TIPS VISIT [FOODSAFETYFOCUS.COM](https://www.foodsafetyfocus.com).