

# Foodborne Viruses: Know the Facts

- According to the Centers for Disease Control and Prevention (CDC), each year viruses make up more than half of foodborne illnesses.

- **Norovirus and hepatitis A** are the two most common viruses that cause foodborne illness.

Foodborne illnesses due to viruses are increasing.

Managers and foodhandlers must know the facts about foodborne viruses and how to prevent the spread of two key viruses: **Norovirus and hepatitis A.**

## Weekly Activities

**Week 1:** Foodborne Viruses: Know the Facts

**Week 2:** Norovirus

**Week 3:** Hepatitis A Virus

**Week 4:** Preventing the Spread: Handwashing

**Week 5:** Preventing the Spread: Employee Illness

- **Infected foodhandlers may contaminate any food.** However, the most common food that can be contaminated is ready-to-eat food, such as deli meats, produce, and salads.
- **Foodhandlers infected with Norovirus or hepatitis A** can contaminate the food they prepare for customers.
- **People who eat or drink contaminated food** can become ill with a foodborne virus.
- **Norovirus and hepatitis A are highly contagious.** Only a small amount of the viruses are needed to make people ill.
- **The most common symptoms of Norovirus and hepatitis A** are vomiting or diarrhea.
- **Have a plan in place** to encourage your employees to report symptoms of vomiting or diarrhea.
- **Proper handwashing is the key** to preventing the spread of Norovirus and hepatitis A.



### PREVENT CONTAMINATION OF FOOD BY VIRUSES

- Wash hands with soap and water
- after using the bathroom.
  - before and after preparing food.

Week 1: Foodborne Viruses: Know the Facts

**manager**

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# Virus Symptom or Not?

Directions: Circle the pictures below that are symptoms of a foodborne virus.



Vomiting



Sore throat



Fever



Diarrhea

# Fill in the Phrase

Directions: Unscramble the answer to each clue and write it in the boxes provided. Fill in the secret message using the number under each box to find the right letter.

1. The key to preventing the spread of Norovirus and hepatitis A is:

**REPORP DNAHSAWGIN**

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1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17

2. If you have symptoms of vomiting or diarrhea, before going to work you should do this:

**LETL UOYR GANERMA**

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18 19 20 21 22 23 24 25 26 27 28 29 30 31 32

3. Norovirus and hepatitis A are the two most common:

**USVRISE**

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33 34 35 36 37 38 39

## Secret Message:

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11 27 30 7 22 3 36 2 7 26 16 10 37

# Preventing the Spread: Employee Illness

Exclude the foodhandler from working in the establishment if:

- The foodhandler has been diagnosed with Norovirus or hepatitis A by a medical professional.
- The foodhandler is experiencing symptoms such as

- Vomiting



- Diarrhea



- Jaundice



Yellowing of skin and eyes

Foodhandlers must report health problems to their manager before working.

If foodhandlers become ill while working, they must immediately report their condition to their manager.

Foodhandlers can contaminate food at every step in its flow through the establishment.

Good personal hygiene is a critical protective measure against contamination and foodborne illness.

## Other Actions to Be Taken

- Inform the regulatory agency if the foodborne virus is diagnosed by a medical practitioner.

## Return-to-Work Policies

- Vomiting—24 hours after symptom has gone away or written release from a medical practitioner upon return to work.
- Diarrhea—24 hours after symptoms have gone away or a written release from a medical practitioner upon return to work.
- Jaundice—Written release from a medical practitioner upon return to work.

• **NOTE:** *Return-to-work policies differ in each jurisdiction. Check with your local regulatory agency to learn the requirements for reporting foodborne illness and exclusion/restriction policies.*



### PREVENT CONTAMINATION OF FOOD BY VIRUSES

- Wash hands with soap and water
- after using the bathroom.
  - before and after preparing food.

Week 5: Preventing the Spread:  
Employee Viral Illness

**m**anager

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# Going Back to Work

Directions: Take a look at the illustrations below and decide whether the foodhandler could go back to work. In the space next to the picture, circle YES or NO.



Yes / No



Yellowing of skin and eyes

Yes / No



Written release to work

Yes / No

# Should He Stay or Should He Go?

Patrick is a new sandwich maker at the restaurant where you are also a sandwich maker. You both now share this responsibility. Feeling uncomfortable because he isn't his usual cheerful self, Patrick tells you that he was up vomiting the previous night and is still very nauseous and sick. He wants to go home, but he does not want to give the manager reason to doubt his commitment to his new job. Directions: Should Patrick stay at work or go home? In the space below, explain why/why not.

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A large, stylized lightbulb graphic. The bulb is a solid black circle with three thick, black, rounded rectangular lines radiating upwards from its top edge. The word "Answers" is written across the center of the bulb in a white, bold, rounded sans-serif font. The bulb has a thick, black, zigzag base representing the filament.

# Answers

**Week 1: Foodborne Viruses: Know the Facts**

**Virus Symptom or Not?**

Vomiting and diarrhea should be circled. Both are symptoms of Norovirus and hepatitis A.

A sore throat and fever are not symptoms that are typically associated with a foodborne virus.



Vomiting



Diarrhea

**Fill in the Phrase**

P R O P E R   H A N D W A S H I N G  
1   2   3   4   5   6   7   8   9   10   11   12   13   14   15   16   17

T E L L   Y O U R   M A N A G E R  
18   19   20   21   22   23   24   25   26   27   28   29   30   31   32

V I R U S E S  
33   34   35   36   37   38   39

**Secret Message:**

W A S H   Y O U R   H A N D S  
11   21   31   7   22   3   35   2   7   26   16   10   27





## Week 5: Preventing the Spread: Employee Viral Illness

### Going Back to Work



NO—This employee cannot safely go back to work. Not enough time has passed since he last got sick. An employee must be free from any viral symptom for at least 24 hours before going back to work.



NO—This employee cannot safely go back to work. This employee has jaundice, which is a symptom of a viral infection.



YES - This employee can go back to work. He has the required release form from his medical practitioner.

### Should He Stay or Should He Go?

Patrick must go home. As a foodhandler, he must immediately report any health problems to his manager. Nausea and vomiting are symptoms of a virus. Viruses are extremely contagious. As a foodhandler, Patrick can contaminate food at every step in its flow through the establishment. The sandwiches that Patrick prepared should be thrown away.

