

Slide 1

(L) Script: This lesson is based on the personnel part of Good Manufacturing Practices, also known as GMP. Today we will learn about disease control. This lesson was made following the Code of Federal Regulations and chapter three of The Food Safety Preventive Controls Alliance. This lesson will be taught by the trainer, by using the learning tools provided such as PowerPoints, videos, pictures, posters, and worksheets. This lesson will cover topics on how sick people can pass on germs that could become a danger to food, workers, and the consumer. After each unit lesson, there will be an activity worksheet that will help you, as the learner, show what you have learned. The trainer will inform you how and when these lessons will occur according to the company's policies. Please raise your hand if you have any questions or comments at any point throughout this lesson.

(T)(L) Key Terms:

Good Manufacturing Practice: a system for ensuring products are consistently produced and controlled according to quality standards.

(T) Food Safety Training Information: Food manufacturing employees can contaminate food and cause foodborne outbreaks at every step in the flow of food through the operation. Disease control is a critical protective measure against foodborne illness.

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(L) Script: After this lesson, you will be able to:

1. Identify signs that a person is sick, which are known as **symptoms**, of people that should not be in food processing areas.
2. Describe how sick people can transfer germs to food, food-contact surfaces, food-processing equipment, food-packaging materials, and other people.
3. List ways to control the spread of disease with the correct clean up process.

Key Terms:

Symptoms: Any physical condition which could be a sign of disease.

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Script: People that are sick can pass on their illness through food and objects that they touch. Food can easily spread germs that can cause severe illness.

In this picture we can see how someone can become sick if they eat food that has been contaminated with germs from another person.

First, A person that is already sick handles food.

This could take place in a food processing plant, a restaurant, a supermarket, or almost anywhere where food is handled.

Next, The food that the sick person handled is now contaminated!
That same food is then eaten by another person, and the second person becomes sick.

Lastly, Sick people in food processing facilities can result in outbreaks of food born illness. In the United States about 48 million people get sick with food borne illness every year. (FDA,2020)

Let's look at some possible scenarios for food borne illness.

(T)(L)Key Terms:

Food Borne Illness: Most commonly known as food poisoning, is any disease caused by eating foods or beverages that have been contaminated with bacteria, viruses, molds, toxins, parasites, or chemicals.

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(L) Script: Bert woke up feeling very sick and was worried he wouldn't be able to work his scheduled shift at Safe Foods Processing Facility.

Bert knew he needed to be at work within two hours, so he ignored his symptoms and got in the shower.

While in the shower he started getting painful stomach cramps and nausea followed by diarrhea.

Bert hoped a popular over-the-counter pink medication would help him feel better.

While on his way to work, he made a stop at a nearby gas station to buy a coffee because he had chills because of a low fever.

As soon as Bert got to work, his nausea was very strong, and he vomited in the Safe Foods Processing Facility parking lot.

Worried about his paycheck being short, he decided to work his shift even though he felt very sick.

Bert was hopeful that his symptoms would be cured by the medicine he took.

(T)(L)Key Terms:

Over-the-Counter Medication: Any sort of medicine that can be bought at a pharmacy or drugstore without a prescription or doctor's note.

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(L) Script: Fourteen guests including four children and five older adults got sick with symptoms of food borne illness.

They were all guests at a wedding and ate potato salad that was served at the reception. The catering company buys its supplies from the **Safe Foods Processing facility**.

Within eight hours of the wedding, reports of sick people began to come through the local clinics and hospitals.

All the guests who became sick from eating potato salad at the wedding reported very similar symptoms.

Each guest who became sick reported stomach pain, low fever, and very bad vomiting and diarrhea.

The wedding guests all suffered the same food borne illness, or what is more commonly known as food poisoning.

What is the missing link between the potato salad and the sick people? Bert and the **Safe Foods Processing facility**.

(T)(L) Key Terms:

(T) Set/Food Safety Training Information: This slide is meant to focus learner attention on the importance of disease control.

The trainer should encourage and facilitate discussion using the script and sample questions below. The activity below can be completed individually, in pairs or as a group

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(L) Script:

Disease control is an important aspect of Good Manufacturing Practices.

Control of sick food employees lowers the chance of illness being passed on through food products that can make other people sick.

Why do food workers ignore their symptoms and still report to their jobs?

- They don't think that they are sick enough to stay home.
- They think its ok to work sick, everyone does it.
- They are afraid to lose their job.

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(L)Script: The most common symptoms of foodborne illness, or food poisoning, are diarrhea and/or vomiting.

Other symptoms might include cramping, nausea, sore throat with fever, headache, tiredness, dark urine, blood or pus in poop, and jaundice.

While many people with foodborne illness believe they got it from the last meal they ate, this is not always true.

Signs of foodborne illness can begin as early as 30 minutes after eating food or having drinks that have been contaminated or infected by germs.

More commonly, signs that you have a food borne illness start one or more days after eating or handling the food that was contaminated.

The illness mostly lasts a few days but can be more dangerous for people who have medical problems or weakened immune systems such as children, older adults, pregnant women, and people with long term disease such as cancer or HIV.

Sick Food Workers must report information about their health to the person in charge because of the possibility of passing on germs to food they are handling.

Reporting this information will reduce the risk of passing on germs that cause foodborne illness or disease to others and to food.

Additional information such as the date the worker became sick is needed if the worker has any symptoms of illness.

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(T)(L) Key Terms:

Reportable illness

Jaundice: A condition that can make the eyes and skin appear yellow. Jaundice can be an indication of a more serious disease known as Hepatitis.

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(L) Script: Lets watch this video that describes a situation of a person sick with norovirus at home.

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(L) Script:

If a food worker has any kind of boil, open skin sores, infected wounds, or open cuts and wounds, they must not be allowed to work until it is healed or is covered by an approved waterproof bandage.

This is to stop any germs from passing to food, food-contact surfaces, or food-packaging materials to protect them from becoming contaminated.

(T)(L) Key Terms:

Open lesions: Cuts or openings in the skin that can include infected wounds such as open blisters with pus, scrapes, gashes, and boils.

Boils: deep ingrown blisters under the skin that have not yet opened, but have signs of infection such as pus, swelling, and redness.

Sores: Blisters or bumps in the skin that have popped or opened and can show signs of infection such as pus, swelling, redness, and bleeding.

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(L) Script: Many Simple actions that you may not realize, can lead to the contamination of food. Things like touching your hair, face, ears, scalp, or picking at infected wounds or pimples

can transfer germs to your hands and gloves. Contamination can be controlled by washing your hands and changing your gloves whenever you participate in any of these actions. Food workers must correctly wash their hands after touching non-food contact surfaces and the use of bathrooms facilities.

(T)(L) Key Terms:

Actions that contaminate food: Any type of movement with the hands that could introduce any type of physical, biological, or chemical contaminant into a food product, food contact surface, or packaging material that could pose a health hazard.

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(L) Script: Norovirus is an example of a food borne illness that spreads quickly and easily from a sick person to others.

It causes vomiting and diarrhea that come on suddenly, often before you can get to a bathroom.

If you get sick from norovirus, you might splatter drops of vomit or poop for many feet in all directions. Vomit and poop can carry the germs that cause Norovirus.

Any drops of vomit or poop must be completely cleaned, even those that can't be seen, to make sure others don't get sick.

A sick person must be separated from the food contact area immediately.

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(L) Script: Here's how to clean up after someone vomits or has diarrhea.

Step 1: Protect yourself. Put on disposable gloves and a mask, if you have one. You don't want norovirus to get on your hands or in your mouth while cleaning up vomit and poop.

Step 2: Wipe up vomit and poop with paper towels and put them in a plastic trash bag.

(T)(L) Key Terms:

disposable clean up tools: Paper towels, disposable gloves and masks that can be thrown away after 1 use.

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(L) Script: Step 3: Pour bleach cleaner or solution on all surfaces that may have vomit or poop on them.

Leave the bleach cleaner on surfaces for at least 5 minutes.

You can use a chlorine bleach cleaner or make your own by adding three quarters of a cup of bleach to one gallon of water.

Step 4: Wipe up bleach solution with paper towels and clean all surfaces again with hot water and soap.

(T)(L) Key Terms:

hard surface clean up: Any hard surface such as countertops, tables, sinks, walls, and floors which can become contaminated with a substance.

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(L) Script:

Step 5: Remove your gloves and mask, and place them into the garbage bag, take the garbage bag to the garbage can or outside to the dumpster.

Step 6: If clothing or other fabrics are contaminated, remove them and wash all laundry that may have vomit or poop on them with hot water and soap.

Step 7: Wash your hands correctly with warm water and soap.

(T)(L) Key Terms:

Disposal of contaminated cleanup tools: This includes removing any protective equipment such as gloves, masks, gowns, and any disposable materials used such as paper towels and putting them in the garbage can for disposal or removal from the area.

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(L) Script: blood may be infected with a dangerous disease like HIV, Hepatitis B or C. Here, we see an example of injured worker.

What can we do if someone is cut while working to prevent the spread of contamination to more food products?

Step 1: Remove injured person and treat wound or notify a supervisor.

Step 2: Separate the food product that has touched or may have touched any blood.

Step 3: Dispose of the product in biohazard bag.

Step 4: Correctly clean up blood spill area with the assigned cleanup equipment.

(T)(L) Key Terms:

Isolate food and contaminated areas: The removal of any food products that may have been contaminated with blood by placing them into a biohazard bag. Isolating contaminated areas include blocking off the area from other workers to make sure that the contamination does not spread by placing hazard tape around the area or any physical barrier such as cones and signs to prevent people from entering.

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(L) Script: Blood spills can be dangerous for workers and can contaminate food products. Here are the steps to clean up a blood spill in the work area.

Step 1. Block off the area until clean up and disinfection are complete. No unprotected workers or staff should be able to access the area.

Step 2. Put on disposable gloves. If masks and gowns are available, protect yourself by putting them on. Blood can carry germs that cause disease, and could make you sick or spread disease.

Step 3. Wipe up the spill as much as possible with paper towels or other disposable absorbent material. Place the wet towels into a biohazard bag.

Step 4. Gently pour bleach solution – $\frac{3}{4}$ cup bleach to 1 gallon of water – onto all contaminated areas.

Step 5. Let bleach solution soak onto the contaminated area for 20 minutes and then wipe up remaining bleach solution with disposable towels and throw them away in the biohazard bag.

T)(L) Key Terms:

Blood Spill Protective Equipment: This includes gloves, masks, and gowns used to clean up any biological hazard, such as blood, to prevent the wearer from being contaminated with the biological hazard material.

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Script:

Step 6. Remove gloves and protective equipment and place them in the biohazard bag with all other dirty cleaning materials. Double bag and tie up garbage bags tightly and throw them away.

Step 7. Correctly wash hands with soap and warm water.

All non-disposable cleaning materials such as mops, brushes and rags need to be disinfected by soaking them with a bleach solution and then leaving them to air dry.

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(L) Script:

Any lesion, containing pus such as a boil or blister, or an infected wound that is open or draining and is located on the hands or wrists, must have an impermeable cover such as a finger cot. A **SINGLE-USE** glove must be worn over the impermeable cover as an extra protective measure. Any lesions on exposed portions of the arms must also be protected by an impermeable cover. Any other injuries or lesions on other parts of the body must also be covered by a dry, durable and tight-fitting bandage. A worker must not be allowed to return to work in any area if he or she has not properly covered their lesion.

Other skin lesions that have not been mentioned, but must also be covered are; tattoos, piercings, and burn injuries .

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(T)(L) Key Terms:

Impermeable cover: Waterproof coverings made from materials that do not allow liquids, gases, dirt, or other materials to pass from one side to the other. This includes water and biological materials such as blood or pus.

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(L) Script: During this lesson we have learned how disease control plays a big role in food processing.

We learned how we as workers can pass on diseases if we are sick, how to prevent passing on an illness, and how to clean up after a person has become sick to make sure that the disease does not spread.

(T)(L) Key Terms:

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(L) Script: Food workers can make people sick by transferring germs to food, food-contact surfaces, co-workers, food-processing equipment, and food-packaging materials.

If a food worker is sick with symptoms such as diarrhea, vomiting, jaundice, is sneezing or coughing, has contact with a person who is sick, has open wounds or lesions, or does not wash hands after touching a contaminant, they can pass on a food borne illness.

With some illnesses, a person may infect others before showing symptoms.

For Example: A person could spread **Hepatitis A** for weeks before having any symptoms, a person with **Norovirus** may infect others for days after symptoms are gone, and **sneezing** can spread germs from nose or mouth onto food and surfaces in many directions.