

Do you feel ill?

If so, you are required to tell your manager if you are experiencing any of the symptoms below:

- **Vomiting**
- **Diarrhea** – Frequent loose stools.
- **Sore throat with fever** – Indication of strep throat which can spread from contaminated hands to food.
- **Infected cuts and/or burns with pus on hands and wrist** – You could have a staph infection which can be spread to food.
- **Jaundice** – Yellow coloring of skin or eyes, common symptom of the Hepatitis A virus (medical attention should be sought out.)

The symptoms of vomiting, diarrhea or jaundice serve as an indication that an individual may be infected with a pathogen, and is likely to be shedding high levels of the infectious pathogen. When a food employee is shedding extremely high numbers of a pathogen through bodily fluids (i.e. nasal discharge, saliva, stool or vomit), there is a greater chance of transmitting the pathogen to food products which are then served to the public, even when good handwashing practices are in place.

If you are at work and you begin experiencing any symptom listed above, you should:

1. Stop work immediately.
2. Report to your manager.
3. Leave the food service area.

(The specific diagnosis determines when an employee can return to work.)

Remember, you have a responsibility to be aware of the symptoms and to report them to your supervisor, in order to protect your customers and co-workers!

