

Module 15 Overview:



Foodborne Illness



TRAINER: Read this page ahead of time to prepare for teaching the module.

PARTICIPANTS WILL:

1. List common symptoms of **FOODBORNE ILLNESS**.
2. Define **FOODBORNE ILLNESS OUTBREAK**.
3. Give examples of safe food handling practices that help prevent **FOODBORNE ILLNESS**.

TIME: 15 minutes

TEACHING LOCATION: Dining or conference room

COPIES REQUIRED:

- Pre and Post Quiz
- Talking Points (p. M15-4)
- Activity: Foodborne Illness Trivia (p. M15-5)
- Fact Sheet: Identifying Common Foodborne Illnesses (p. M15-7)

GLOSSARY TERMS:

- **FOODBORNE ILLNESS**
- **FOODBORNE ILLNESS COMPLAINT**
- **FOODBORNE ILLNESS OUTBREAK**
- **HEALTH DEPARTMENT**
- **INCUBATION PERIOD**
- **PATHOGEN**



Pre Quiz

MODULE 15: *FOODBORNE ILLNESS*

1. List three ways to prevent foodborne illness.



Module 15 Presentation:

Foodborne Illness



TRAINER: Read aloud to prepare participants for training.

Today We Are Learning About Foodborne Illness. Before our training begins today there will be a short quiz. The quiz helps the Health Department assess training effectiveness and success. You do not need to write your name on the quiz and you will not be graded. Try your best to answer all the questions and don't share your answers with coworkers. We will be taking the same quiz at the end of training so if you don't know the answers, you'll be learning them today. After the training presentation we will do an activity together followed by some review questions. The training will take about 15 minutes and all of you will be participating.



TRAINER: Read aloud.

What's the Risk?

FOODBORNE ILLNESSES are caused from consuming contaminated food or beverages. Many different disease-causing germs, also called PATHOGENS, can contaminate what you eat and drink resulting in approximately 250 different FOODBORNE ILLNESSES. Poisonous chemicals, or other harmful substances, can also cause FOODBORNE ILLNESSES if they are present in food. Each year in the United States there are an estimated 76 million cases of FOODBORNE ILLNESS, causing 5,200 deaths.



TRAINER: Read aloud.

What's the Law?

The HEALTH DEPARTMENT enforces the Food Code.

The Food Code sets requirements to prevent FOODBORNE ILLNESS.

The HEALTH DEPARTMENT investigates FOODBORNE ILLNESS OUTBREAKS.

Call the HEALTH DEPARTMENT if you become aware that a food employee has an illness that could be transmitted through food.



TRAINER: Give participants a copy and have them take turns reading aloud.



Talking Points

- **FOODBORNE ILLNESS:** Sickness caused from germs or toxins in food, also called food poisoning.
- **FOODBORNE ILLNESS COMPLAINT:** When only one person reports an illness that they believe was caused by eating a food item.
- **FOODBORNE ILLNESS OUTBREAK:** When two or more individuals consume the same contaminated food and come down with the same illness.
- **HEALTH DEPARTMENT:** Works closely with food establishments to ensure the service of safe food.
- **INCUBATION PERIOD:** The time between exposure to bacteria or viruses and the appearance of the first symptom of disease.
- **PATHOGEN:** Bacteria or viruses that causes disease.
- There are approximately 250 different **FOODBORNE ILLNESSES**.
- Some familiar **FOODBORNE ILLNESSES** include:
 - Hepatitis A (hep-eh-tie-tus A)
 - *Salmonella* (sal-mah-nell-uh)
 - *E.coli*
- Common **FOODBORNE ILLNESS** symptoms
 - Diarrhea
 - Fever
 - Vomiting
 - Jaundice (yellowing of the skin and eyes)
 - Abdominal cramping
- **FOODBORNE ILLNESS** symptoms usually do not begin immediately after eating a food. There is an **INCUBATION PERIOD** that may range from a few hours to several days.
- The symptoms and duration of the illness depend on what type of bacteria or viruses contaminated the food.



Module 15 Activity:

Foodborne Illness Trivia



TRAINER: Give participants copies of activity sheet and corresponding fact sheet(s). Have participants complete individually or as a group.

Use the Identifying Common Foodborne Illnesses fact sheet (p. M15-7) to answer the following questions.

1. What are some symptoms of **FOODBORNE ILLNESS**?
2. On the fact sheet, how many **FOODBORNE ILLNESSES** can be prevented by proper handwashing?
3. On the fact sheet, how many **FOODBORNE ILLNESSES** can be prevented by quickly cooling hot food?
4. How long does it take for a person to become ill from the Hepatitis A virus?
5. On the fact sheet, how many **FOODBORNE ILLNESSES** can be spread by an infected food handler?
6. List safe food handling practices that can help to prevent **FOODBORNE ILLNESSES**.



Module 15 Activity:

Foodborne Illness Trivia - Answer Key



TRAINER: Use to discuss participants' answers.

1. What are some symptoms of **FOODBORNE ILLNESS**?

Nausea, diarrhea, vomiting, abdominal pain, cramps, fever, fatigue, jaundice, headache

2. On the fact sheet, how many **FOODBORNE ILLNESSES** can be prevented by proper handwashing?

Three

3. On the fact sheet, how many **FOODBORNE ILLNESSES** can be prevented by quickly cooling hot food?

Three

4. How long does it take for a person to become ill from the Hepatitis A virus?

15-50 days

5. On the fact sheet, how many **FOODBORNE ILLNESSES** can be spread by an infected food handler?

Three

6. List safe food handling practices that can help to prevent **FOODBORNE ILLNESSES**.

Proper handwashing, glove use, good personal hygiene, preventing cross-contamination, washing produce thoroughly, proper hot holding, proper cold holding, proper reheating, cooking thoroughly, proper cooling, not working when ill, food from approved sources



Fact Sheet:

IDENTIFYING COMMON FOODBORNE ILLNESSES

Cause	Incubation Period	Common Symptoms	Food Sources	Prevention
<i>Clostridium perfringens</i> (claws-trid-ee-um per-fringe-enz)	6-24 hours	Severe cramps, diarrhea, nausea	Meats, gravy, stews, chili, refried beans	Cook ground meats to 155°F. Hot hold cooked food at 140°F or hotter. Cool food to 41°F within 6 hours. Reheat food to 165°F.
Hepatitis A Virus (hep-eh-tie-tus A)	15-50 days	Fever, fatigue, nausea, abdominal discomfort, jaundice (yellowing of the skin and eyes)	Shellfish, infected food handler	Obtain shellfish from approved sources and cook to 145°F. Wash produce thoroughly. Avoid bare hand contact by using disposable gloves. Handwash often.
<i>Staph aureus</i> (staff aw-ree-us)	1-7 hours	Vomiting, nausea, cramps, sometimes diarrhea	Ham, pastries, custards, salad dressings, sandwiches, infected food handler	Hot hold cooked food at 140°F or hotter. Cold hold foods at or below 41°F. Cool food to 41°F within 6 hours. Do not touch face. Bandage and cover cuts with gloves. Handwash often.
<i>Salmonella</i> (sal-mah-nell-uh)	6-72 hours	Diarrhea, headache, abdominal pain, nausea, fever, sometimes vomiting	Raw or undercooked meats & poultry, shell eggs, cross-contaminated fruits & vegetables, infected food handler	Cook fish, pork, steak and eggs to 145°F. Cook ground meats to 155°F. Cook poultry to 165°F. Hot hold cooked food at 140°F or hotter. Cool food to 41°F within 6 hours. Avoid cross-contamination from raw animal foods. Handwash often.

Public Health – Madison and Dane County (06/04)



TRAINER: Share the following “Tales from the Kitchen.”



Tales from the Kitchen

In 2003, the Madison Department of Public Health received 90 **FOODBORNE ILLNESS COMPLAINTS** from the public. Two **FOODBORNE ILLNESS OUTBREAKS** were linked to two restaurants in Madison in 2003. In both cases the **HEALTH DEPARTMENT** thoroughly investigated the source of the **FOODBORNE ILLNESS** by conducting inspections and interviewing food employees.

- At one restaurant three customers who shared a meal became sick with diarrhea about 2 days later. Two of the three customers were diagnosed through laboratory tests with a bacterial illness called *Campylobacter* (kam-peh-low-back-ter). Cross-contamination from raw chicken juices onto produce was the suspected cause of the illness.
- In the second outbreak, 3 people who dined separately became sick with *Shigella* (she-gell-uh), bacteria that cause diarrhea and abdominal cramping. All of the people had eaten at the same restaurant and became sick within 4 days of eating the meal. *Shigella* (she-gell-uh) is transmitted person to person; therefore, the **HEALTH DEPARTMENT** suspected a food handler with poor personal hygiene as a possible source of the illness.



Module 15 Questions:

Foodborne Illness Review



TRAINER: Ask participants to answer the following.

1. List the common symptoms of **FOODBORNE ILLNESS**.

Answer: Diarrhea, fever, vomiting, jaundice - yellowing of the skin and eyes, and abdominal cramping

2. What's the difference between a **FOODBORNE ILLNESS COMPLAINT** and a **FOODBORNE ILLNESS OUTBREAK**?

Answer: A **FOODBORNE ILLNESS COMPLAINT** is when only one person reports an illness that they believe was caused by eating a food item. A **FOODBORNE ILLNESS OUTBREAK** is when two or more people consume the same contaminated food and come down with the same illness.

3. List various ways a food handler can prevent **FOODBORNE ILLNESS**.

Answer: Proper handwashing, glove use, good personal hygiene, preventing cross-contamination, washing produce thoroughly, proper hot holding, proper cold holding, proper reheating, cooking thoroughly, proper cooling, not working when ill, food from approved sources



Post Quiz

MODULE 15: *FOODBORNE ILLNESS*

1. List three ways to prevent foodborne illness.



Post Quiz Answers

MODULE 15: *FOODBORNE ILLNESS*

1. List three ways to prevent foodborne illness.

- **Not working when ill**
- **Proper handwashing**
- **Glove use**
- **Good personal hygiene**
- **Preventing cross-contamination**
- **Washing produce thoroughly**
- **Proper hot holding**
- **Proper cold holding**
- **Proper reheating**
- **Cooking thoroughly**
- **Proper cooling**
- **Food from approved sources**



Module 15 Moving Ahead:

For Managers/Trainers



TRAINER: Do not read aloud. These are your next steps, additional activities and resources.

After the Training

- Have participants sign Training Verification Log (p. 9), a requirement for **SAFE FOOD CREW** Recognition Program.
- Complete the Trainer's Evaluation Form (p. 10), a requirement for **SAFE FOOD CREW** Recognition Program.
- Present participants with Certificate of Completion (p. 12).
- Track all trainings an employee receives on the Employee Attendance Record (p. 13).
- Post Identifying Common Foodborne Illnesses fact sheet (p. M15-7).
- Develop or review your establishment's policy for handling **FOODBORNE ILLNESS COMPLAINTS** and **FOODBORNE ILLNESS OUTBREAKS**.

Resources

- FDA 2001 Food Code and Wisconsin Food Code: 2-201.15, Reporting by the Person in Charge.
- Wisconsin State Statute: Chapter 254, Environmental Health and Chapter 252, Communicable Diseases.
- Bad Bug Book - This handbook provides basic facts regarding foodborne pathogenic microorganisms and natural toxins. Sponsored by the FDA.
<http://vm.cfsan.fda.gov/~mow/intro.html>