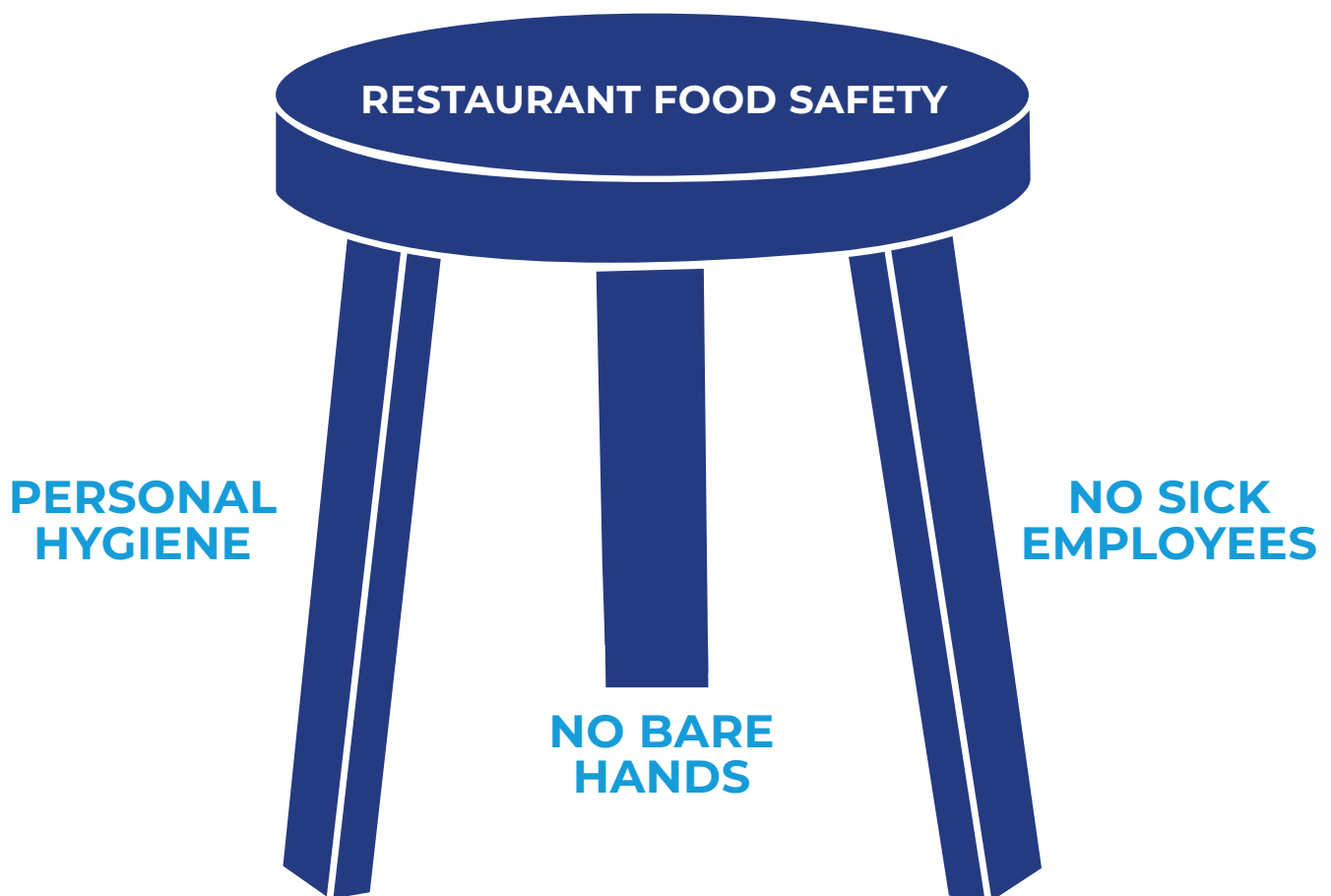


# THE 3-LEGGED APPROACH TO PREVENTING FOODBORNE ILLNESSES

Prevent the Spread of Foodborne Illnesses



## PERSONAL HYGIENE

### Always Wash Your Hands

#### *Before:*

- Handling food or starting any food-related task

#### *After:*

- Handling raw meat, poultry, or 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
- Taking out the garbage
- Clearing tables or washing dirty dishes
- Handling money or making change



## NO BARE HANDS

### Always Wear Gloves

When handling **ready-to-eat foods** (e.g., deli sandwiches, salads, baked goods, cooked items)

#### *Change gloves:*

- When dirty or torn
- Before switching tasks or foods
- Before preparing food for someone with a **known allergy**
- After handling **raw meat, seafood, or poultry**
- After touching **unclean surfaces** (e.g., phone, door handle)



## NO SICK EMPLOYEES

### Tell a Manager Immediately

#### *If you have:*

- Vomiting
  - Diarrhea
  - Fever
  - Sore throat or coughing
  - Jaundice (yellowing of skin or eyes)
- Stay home and recover safely.

## 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://foodsafetyfocus.com).