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Flu and Norovirus in Full Swing

Have you reviewed the Illness Policy with your food service employees? Now is the time.

It's Flu and Norovirus Season. While you can get (and spread) norovirus and the seasonal flu (influenza) at any time during the year, these winter and early spring months often bring an increase in cases. With norovirus, in years where there is a new strain of the virus going around, there can be 50% more norovirus illness. Norovirus causes gastrointestinal illness (vomiting and diarrhea) and is highly contagious.

In the United States, we typically see the flu season peak anywhere from late November through March. Most experts believe that flu virus is spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or nose.

Talk with Employees

It's a good time to review your Employee Illness Policy with food service workers to reduce the risk of a foodborne illness. Employee illness policy information and

forms are on the CDHD website. These are excellent teaching and policy tools that can be used to remind food service employees when there is danger of communicable disease transmission. A brief review with employees about disease causing bacteria and viruses and associated symptoms of illness is important this time of year. It is an opportunity to reinforce good hygienic practices, hand washing and not touching ready-to-eat food with bare hands.

You will find downloadable PDFs on employee illness on CDHD's website: cdhd.idaho.gov/EH/food/active.htm



To protect the health of **everyone** at CDHD, no use of tobacco or vaping is allowed anywhere on our property.

Thank you for your cooperation.

Environmental Health
Boise Office: 208.227.2491 | 101 N. Armstrong St.
Bucare Office: 208.648.7195 | 101 N. 1st
Mauritan Home Office: 208.581.4225 | 120 E. 8th South

FORM 1-03 Conditional Employee or Food Employee Reporting Agreement

Preventing Transmission of Diseases Through Food by Informed Conditional Employees or Food Employees with Employees on Issues such as Norovirus, Salmonella Typhi, Cholera, Hepatitis A Virus, or Shiga toxin-producing Escherichia coli (STEC), nontyphoidal Salmonella or Hepatitis A Virus

The purpose of this agreement is to inform conditional employees or food employees of their responsibility to notify the person in charge when they experience any of the conditions listed so that the person in charge can take appropriate steps to prevent the transmission of foodborne illness.

I AGREE TO REPORT TO THE PERSON IN CHARGE:

Any One of the Following Symptoms, Either While at Work or Outside of Work, Including the Date of Onset:

1. Diarrhea
2. Vomiting
3. Jaundice
4. Sore throat with fever
5. Infected cuts or wounds, or lesions containing pus on the hand, wrist, an exposed body part, or other body part and the cut, wound, or lesion are not properly covered (such as with an elastic bandage, band-aid, etc.)

Future Medical Diagnosis:

Whenever diagnosed as being ill with norovirus, typhoid fever (Salmonella Typhi), shigellosis (Shigella spp. infection), Escherichia coli O157:H7 or other STEC infection, nontyphoidal Salmonella or Hepatitis A (Hepatitis A Virus Infection)

Future Exposure to Foodborne Pathogens:

1. Exposure to or suspicion of causing any confirmed disease outbreak of norovirus, typhoid fever, shigellosis, or any STEC infection, or hepatitis A.
2. A household member diagnosed with Norovirus, typhoid fever, shigellosis, illness due to STEC, or hepatitis A.
3. A household member attending or working in a setting experiencing a confirmed disease outbreak of norovirus, typhoid fever, shigellosis, or any STEC infection, or hepatitis A.

I have read (or had explained to me) and understand the requirements concerning my responsibilities under the Food Code and this agreement to comply with:

1. Reporting requirements specified above involving symptoms, diagnoses, and exposure specified.
2. Work restrictions or exclusions that are imposed upon me, and
3. Good hygienic practices.

I understand that failure to comply with the terms of this agreement could lead to action by the local regulatory authority that may jeopardize my employment and may involve legal action against me.

Conditional Employee Name (please print) _____ Date _____
Signature of Conditional Employee _____
Food Employee Name (please print) _____ Date _____
Signature of Food Employee _____
Signature of Permit Holder or Representative _____ Date _____

02/10/11

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Food Review is sent biannually, free of charge to all licensed food establishments in our health district. We hope to include news of interest and importance. Topic ideas or articles written by the readers are welcome to be sent to: Editor, Food Review, CDHD, 707 N. Armstrong Pl., Boise, ID 83704. Extra copies of the newsletter are available at your local Health Department office.

Proper Sanitization Through Daily Dishwasher Testing

A common major risk factor violation that can be easily controlled.

Dishwashing machines that are not sanitizing at the required temperature or chemical concentration are a very common major risk factor violation that has the potential of leading to foodborne illness. Relying on one-time-a-week or monthly routine maintenance service visits for correct sanitization of kitchenware is not enough and is not an adequate testing method.

Chemical and high temperature dishwashers are very helpful and save time during the dishwashing procedure. If working correctly the dishwashing machine will wash the dishes (kitchenware) using soap or detergent, rinse the dishes with clear water and sanitize the dishes using a chemical (usually chlorine) sanitizer or in the case of a high temperature dish washing machine, bring the surface temperature of the kitchenware to 160°F.

What You Can Do

Thermal (heat sensitive) test strips and chemical sanitizer test strips are tools that can determine if sanitization of kitchenware is occurring properly.

Someone employed by the food establishment should test the machine at least one time each day, to make sure it is sanitizing correctly. All employees that use the machine should be aware of how to test the sanitizer level.



Check chemical sanitizer at the end of a dishwashing cycle by using a chemical sanitizer paper test strip. The paper test strips should be available from the chemical supply company or machine manufacturer. The test strip will show the concentration of the sanitizer.

Heat-sensitive tape is placed on a utensil or dishware before going into the dish washing machine in a test load. The thermal heat tape should be available from the manufacturer or maintenance service company. Follow the instructions for applying the tape. The heat tape should be rated for 160°F which is the sanitization temperature. When the heat sensitive tape reaches 160°F, it will turn black.

Maximum registering thermometer should be sent through the mechanical dish washing/sanitizing machine to record the maximum final rinse temperature to verify the sanitizing surface temperature is 160°F.



Consumer Advisory Changes and Your Menu

An establishment must notify the consumer of which foods offered pose a higher risk of foodborne illness. A consumer advisory is a notification to the consumer that makes them aware that a product may have the potential to be harmful if consumed raw or undercooked.

The *Idaho Food Code* requires a consumer advisory for establishments offering beef, eggs, fish, lamb, pork, or shellfish that is raw, undercooked or not otherwise processed to eliminate pathogens. It must be disclosed which foods contain or may contain these items. Establishments are still required to have the advisory for popular menu items such as: medium rare beef; Caesar dressings made with unpasteurized eggs; over-easy eggs; raw fish sushi, etc.

A placard or a consumer advisory at the bottom of the menu is acceptable. The requirement is that the consumer must be notified exactly which menu items have a consumer advisory. This can be done by adding an asterisk to the items and including a footnote that states, "Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions." Placing an asterisk on a menu item is not required now but may be required in a future rule change.

The establishment owner must use any effective means to inform consumers of potential health risks. Some effective ways that may be used to inform customers are: brochures, deli case placards, signs or verbal warnings.

An establishment that only offers fully cooked products does not need a consumer advisory.

Food Allergens and Customer Safety

Customers with food allergies are on the rise, which is nothing new to those who work in the retail food industry. These customers give reason for serious business considerations and make it critical for staff that interacts with patrons to know all of the ingredients in your menu items.

Do you have a plan if a customer has an allergic reaction in your food establishment? Certain customers may have an acute allergic reaction to a very small amount of a food allergen that could be life threatening. Having a plan will assist you in being prepared. One part of the plan could include a designated staff person to answer specific customer food allergy questions. This person would need to know the major food allergens and have a thorough knowledge of the ingredients in each menu item.

What is a "major" food allergen?

A "major food allergen" is an ingredient that is one of the following five foods **or** from one of the following three food groups **or** is an ingredient that contains protein derived from one of the following:

- Milk
- Eggs
- Fish
- Crustacean Shellfish
- Tree Nuts
- Wheat
- Peanuts
- Soybeans

Consider posting a Food Allergies poster in your kitchen. Available online: cdhd.idaho.gov/EH/food/active.htm



A Few Reminders of Idaho Food Code Changes

Idaho Food Code (IFC) changes that you may not know about:

2-102.12 CERTIFIED FOOD PROTECTION MANAGER – IDAPA 16.02.19.210.03

(A) Beginning July 1, 2018, at least one EMPLOYEE that has supervisory and management responsibility and the authority to direct and control FOOD preparation and service shall be a CERTIFIED FOOD PROTECTION MANAGER who has shown proficiency of required information through passing a test that is part of an ACCREDITED PROGRAM.

(B) This section does not apply to certain types of FOOD ESTABLISHMENTS deemed by the REGULATORY AUTHORITY to pose minimal risk of causing, or contributing to, foodborne illness based on the nature of the operation and extent of FOOD preparation.

Note: There will be more information that describes approved food safety certification courses and the implementation of this rule in 2017.

Have you read the rule that describes proper handwashing?

See **(C)** in this rule section that addresses the use of a paper towel or other barrier to turn a faucet off to prevent re-contamination of the hands.

2-301.12 CLEANING PROCEDURE

(A) Except as specified in **(D)** of this section, FOOD EMPLOYEES shall clean their hands and exposed portions of their arms, including surrogate prosthetic devices for hands or arms for at least 20 seconds, using a cleaning compound in a HANDWASHING SINK that is equipped as specified under § 5-202.12 and Subpart 6-301.

(B) FOOD EMPLOYEES shall use the following cleaning procedure in the order stated to clean their hands and exposed portions of their arms, including surrogate prosthetic devices for hands and arms:

1. Rinse under clean, running warm water;
2. Apply an amount of cleaning compound recommended by the cleaning compound manufacturer;
3. Rub together vigorously for at least 10 to 15 seconds while:
 - (a) Paying particular attention to removing soil from underneath the fingernails during the cleaning procedure, and
 - (b) Creating friction on the surfaces of the hands and arms or surrogate prosthetic devices for hands and arms, finger tips, and areas between the fingers;
4. Thoroughly rinse under clean, running warm water; and
5. Immediately follow the cleaning procedure with thorough drying using a method as specified under § 6-301.12

(C) To avoid re-contaminating their hands or surrogate prosthetic devices, FOOD EMPLOYEES may use disposable paper towels or similar clean barriers when touching surfaces such as manually operated faucet handles on a HANDWASHING SINK or the handle of a restroom door.

(D) If APPROVED and capable of removing the types of soils encountered in the FOOD operations involved, an automatic handwashing facility may be used by FOOD EMPLOYEES to clean their hands or surrogate prosthetic devices.

Vomit and diarrhea clean-up procedure

2-501.11 CLEAN-UP OF VOMITING AND DIARRHEAL EVENTS

A FOOD ESTABLISHMENT shall have procedures for EMPLOYEES to follow when responding to vomiting or diarrhea events that involve the discharge of vomitus or fecal matter onto surfaces in the FOOD ESTABLISHMENT. The procedures shall address the specific actions EMPLOYEES must take to minimize the spread of contamination and the exposure of EMPLOYEES, CONSUMERS, FOOD, and surfaces to vomitus or fecal matter.

Cooking temperatures for mechanically tenderized meats and eggs prepped in advance of use, like pooling of eggs is a minimum of 155°F.

3-401.11 RAW ANIMAL FOODS (A) (2)

(2) 68°C (155°F) for 15 seconds or the temperature specified in the following chart that corresponds to the holding time FOR RATITES, MECHANICALLY TENDERIZED, and INJECTED MEATS; the following if they are COMMINUTED: FISH, MEAT, GAME ANIMALS, commercially raised for FOOD as specified under Subparagraph 3-201.17(A)(1), and GAME ANIMALS under a voluntary inspection program as specified under Subparagraph 3-201.17(A)(2); and raw EGGS that are not prepared as specified under Subparagraph (A)(1)(a) of this section:

Minimum Temperature	Minimum Time
63°C (145°F)	3 minutes
66°C (150°F)	1 minute
70°C (158°F)	< 1 second (instantaneous)

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Idaho Food Code Changes

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An irreversible registering temperature indicator is required for measuring a utensil surface temperature in 4-302.13 (B).

A maximum registering thermometer or heat sensitive tape would satisfy this requirement.

4-302.13 TEMPERATURE MEASURING DEVICES, MANUAL AND MECHANICAL WAREWASHING

(B) In hot water mechanical WAREWASHING operations, an irreversible registering temperature indicator shall be provided and readily accessible for measuring the UTENSIL surface temperature.

A wipe cloth sanitizer bucket cannot be stored on the floor.

The reason is because oftentimes sanitizer buckets are also placed on a surface where food may be prepared and food contact surface contamination may occur.

3-304.14 WIPING CLOTHS, USE LIMITATION (E)

(E) Containers of chemical SANITIZING solutions specified in Subparagraph (B)(1) of this section in which wet wiping cloths are held between uses shall be stored off the floor and used in a manner that prevents contamination of FOOD, EQUIPMENT, UTENSILS, LINENS, SINGLE-SERVICE, or SINGLE-USE ARTICLES.



Water Supply Protection

Plumbing for water and sewer in a food establishment is required to be compliant with the uniform plumbing code and the Idaho Food Code. Fixtures and equipment must be installed correctly too.

When fixtures like chemical dispensers are installed, it is important that the installer follow the manufacturer's instructions. If equipment is installed incorrectly, there may be a potential cross connection that could allow the water supply to be contaminated.

A cross connection is a piping connection between two otherwise separate piping systems, one of which contains potable water, and the other water of unknown or questionable safety. Chemical stations with detergents and sanitizers must be installed correctly to protect the water supply.

If you have questions or concerns about the installation of fixtures or equipment, contact a plumbing inspector, water purveyor or the health department. Below are the rules in the Idaho Food Code that pertain to water supply protection and backflow prevention.

5-203.14 BACKFLOW PREVENTION DEVICE, WHEN REQUIRED

A PLUMBING SYSTEM shall be installed to preclude backflow of a solid, liquid, or gas contaminant into the water supply system at each point of use at the FOOD ESTABLISHMENT, including on a hose bibb if a hose is attached or on a hose bibb if a hose is not attached and backflow prevention is required by LAW, by:

- (A) Providing an air gap as specified under § 5-202.13; or
- (B) Installing an APPROVED backflow prevention device as specified under § 5-202.14.

5-203.15 BACKFLOW PREVENTION DEVICE, CARBONATOR

(A) If not provided with an air gap as specified under § 5-202.13, a dual check valve with an intermediate vent preceded by a screen of not less than 100 mesh to 25.4 mm (100 mesh to 1 inch) shall be installed upstream from a carbonating device and downstream from any copper in the water supply line.

(B) A dual check valve attached to the carbonator need not be of the vented type if an air gap or vented backflow prevention device has been otherwise provided as specified under ¶ (A) of this section.

5-202.13 BACKFLOW PREVENTION DEVICE, DESIGN STANDARD

An air gap between the water supply inlet and the flood level rim of the PLUMBING FIXTURE, EQUIPMENT, or nonFOOD EQUIPMENT shall be at least twice the diameter of the water supply inlet and may not be less than 25mm (1 inch).

5-202.14 BACKFLOW PREVENTION DEVICE, DESIGN STANDARD

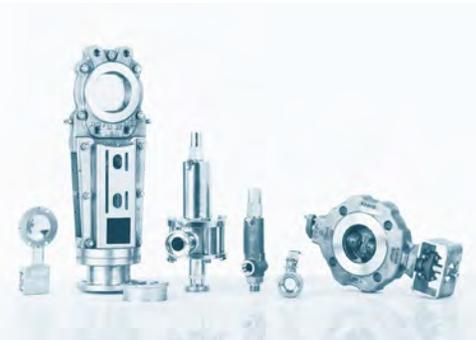
A backflow or backsiphonage prevention device installed on a WATER SUPPLY SYSTEM shall meet American Society of Sanitary Engineering (A.S.S.E.) standards for construction, installation, maintenance, inspection, and testing for that specific application and type of device.

5-205.13 SCHEDULING INSPECTION AND SERVICE FOR A WATER SYSTEM DEVICE

A device such as a water treatment device or backflow preventer shall be scheduled for inspection and service, in accordance with manufacturer's instructions and as necessary to prevent device failure based on local water conditions, and records demonstrating inspection and service shall be maintained by the PERSON IN CHARGE.

5-205.15 SYSTEM MAINTAINED IN GOOD REPAIR

A PLUMBING SYSTEM shall be:
(A) Repaired according to LAW; and
(B) Maintained in good repair.





Central District Health Department

Environmental Health
707 N. Armstrong Pl.
Boise, ID 83704-0825

Upcoming Food Safety Trainings

Idaho Food Safety & Sanitation Course

4-hour classroom format
8:30 a.m. to 12:30 p.m.

Cost: \$48 per student

- **Wed., March 15**
- **Wed., April 19**
- **Wed., May 17**
- **Wed., June 21**

ServSafe® Manager Certification

8-hour classroom format
8 a.m. to 5 p.m.

Cost: \$125 per student

- **Tues., March 21**
- **Tues., April 18**
- **Tues., May 23**
- **Tues., June 20**

Location for both courses:

In Ada County –
Central District Health Department
707 N. Armstrong Pl., Boise

With 10 or more students, we will travel to Boise, Elmore and Valley counties by appointment.

TO REGISTER: Call CDHD's Environmental Health Department at 208-327-7499