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We're A Tobacco Free Zone



To protect the health of **everyone** at CDHD, no smoking or other tobacco use is permitted in our facilities or on our property, both indoors and out.

Thank you for your cooperation.



DISEASE REPORTING: Your Role

(Idaho Food Code 2-2 Employee Health)

Did you know that Idaho Food Code requires food establishment employees report certain diseases? Employees must report to the Person In Charge (PIC), who in turn reports to the Health Department.

Salmonella typhi, *Shigella*, toxin producing *E.coli*, Hepatitis A and norovirus are among the diseases you are required to report.

Certain symptoms must also be reported, including: jaundice (yellowing of the skin and eyes), diarrhea, fever, vomiting, sore throat with fever, or any lesion or open wound that is draining or contains pus.

The Health Department strongly encourages the reporting of norovirus — the most common cause of foodborne outbreaks nationwide. All food establishment operators should report cases of employees having norovirus or living in households with others having norovirus. Reporting this information in a timely manner allows Central District Health Department (CDHD) to more rapidly recognize and reduce the spread of foodborne illness associated with this infection.

What are noroviruses?

Noroviruses are a group of viruses that cause the “stomach flu,” or gastroenteritis (*GAS-tro-en-ter-I-tis*), in people.

Viruses are very different from bacteria and parasites, some of which can cause illnesses similar to norovirus infection. Viruses are much smaller, are not affected by treatment with antibiotics, and cannot grow outside of a person's body.

What are the symptoms of norovirus?

Symptoms of norovirus illness usually include nausea, vomiting, diarrhea, and



some stomach cramping. Sometimes people also have a low-grade fever, chills, headache, muscle aches, and a general sense of tiredness. The illness often begins suddenly, and the infected person may feel very sick. The illness is usually brief, with symptoms lasting only about one or two days. In general, children experience more vomiting than adults.

What is the name for this illness?

Illness caused by norovirus infection has several names, including:

- Stomach flu – this “stomach flu” **is not** related to the flu (or influenza), which is a respiratory illness caused by influenza virus.
- Viral gastroenteritis — the most common name for illness caused by norovirus. Gastroenteritis refers to an inflammation of the stomach and intestines.
- Acute gastroenteritis
- Non-bacterial gastroenteritis
- Food poisoning (although there are other causes of food poisoning)

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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.

NOROVIRUS: FACTS AND PREVENTION

Norovirus is the leading cause of foodborne illness from contaminated hands and food.

Food can become contaminated with norovirus when:

- There is bare hand contact with ready-to-eat food
- Working when ill – with symptoms of diarrhea, vomiting, fever
- Food is contaminated where it grows or is harvested

Food handlers with norovirus illness can spread the virus to others. Spreading occurs when:

- Infected people have stool or vomit on their hands and then touch the food with bare hands. (The virus can also spread by people who do not appear ill)
- Hands are not washed thoroughly and other surfaces are touched i.e. menus, tabletops, cutting boards, utensils and door handles
- Food is contaminated at their source, i.e. oysters harvested from contaminated water OR vegetables & fruits become contaminated in the field
- Tiny drops of vomit from an infected person sprays through the air and drops on the food
- Food is shared with co-workers (drinking soda from the same cup or sharing a utensil)



5 tips to prevent norovirus from spreading:

1. Practice proper hand hygiene – Wash carefully a minimum of 15–20 seconds (you must wash hands after using the restroom, in between glove changes, after leaving and returning to your work station and any other time as applicable).
2. Wash fruits and vegetables and cook seafood thoroughly.
3. When you are sick, do not prepare food for others.
4. Clean and disinfect contaminated surfaces with an approved sanitizer.
5. Wash laundry thoroughly that may be contaminated with vomit or feces.

As of Oct. 29, 2013, the Centers for Disease Control and Prevention (CDC) has been notified of 631 cases of *Cyclospora* infection from 25 states.

- Arkansas
- California
- Connecticut
- Florida
- Georgia
- Illinois
- Kansas
- Louisiana
- Massachusetts
- Michigan
- Minnesota
- Missouri
- Nebraska
- New Hampshire
- New Jersey
- New York
- Ohio
- Pennsylvania
- South Dakota
- Tennessee
- Texas
- Virginia
- Wisconsin
- Wyoming

2013 Cyclosporiasis Outbreak Associated with Leafy Greens



A Food and Drug Administration (FDA) trace-back investigation confirmed that the salad mix identified by Iowa and Nebraska as being linked to the outbreak of cyclosporiasis in those states was supplied to restaurants by Taylor Farms de Mexico, S. de R.L. de C.V., a processor of foodservice salads. The investigation found that illness clusters at restaurants were traced to a common supplier, Taylor Farms de Mexico, S. de R.L. de C.V. The restaurants in Iowa and Nebraska included Olive Garden and Red Lobster, both of which are owned by Darden Restaurants. The FDA's investigation has not implicated consumer packages sold in grocery stores.

The Iowa Department of Inspections and Appeals and the Nebraska Department of Health and Human Services have announced that they believe the contaminated salad is no longer in the food supply in the previously affected states. The last date that someone who had eaten in one of the restaurants and reportedly became ill with cyclosporiasis was on July 2.

As a result of this investigation, FDA increased its surveillance efforts on green leafy products exported to the U.S. from Mexico.

Cyclospora cayetanensis is a parasite composed of one cell, too small to be seen without a microscope. This parasite causes an intestinal infection called cyclosporiasis.

Cyclospora is acquired by people ingesting something — such as food or water — that was contaminated with the parasite. *Cyclospora* needs time (days to weeks) after being passed in a bowel movement to become infectious for another person. Therefore, it is unlikely that *Cyclospora* is passed directly from one person to another.

For more information on *Cyclosporiasis* visit www.cdc.gov/parasites/cyclosporiasis/

Who is at risk?

People can become infected with *Cyclospora* by consuming food or water contaminated with the parasite. People living or travelling in countries where cyclosporiasis is endemic, including certain tropical or subtropical regions of the world may be at increased risk for infection.

What are the symptoms?

The time between becoming infected and becoming sick is usually about one week. *Cyclospora* infects the small intestine (bowel) and usually causes watery diarrhea, with frequent, sometimes explosive, bowel movements. Other common symptoms include loss of appetite, weight loss, stomach cramps/pain, bloating, increased gas, nausea, and fatigue. Vomiting, body aches, headache, fever, and other flu-like symptoms may be noted. Some people who are infected with *Cyclospora* do not have any symptoms. If not treated, the illness may last from a few days to a month or longer. Symptoms may seem to go away and then return one or more times (relapse). It's common to feel very tired.

What do consumers need to do?

Consumers should always practice safe food handling and preparation measures. Wash hands, utensils, and surfaces with hot, soapy water before and after handling food. Fresh produce should be thoroughly washed before it is eaten.

If more specific information becomes available, FDA and CDC will share it with the public, along with any steps consumers can take to prevent illnesses.

Who should be contacted?

Contact your healthcare provider if you have diarrhea that lasts for more than three days.



2013 Multistate Foodborne Illness Outbreaks

The following are some of the foodborne illness outbreaks that occurred in the nation in 2013. However, this list is not comprehensive.

Hepatitis A was associated with Townsend Farms Antioxidant Blend. The implicated food ingredient was pomegranate seeds from Turkey. In September 2013, the Centers for Disease Control and Prevention reported that the number of Hepatitis A cases associated with Townsend Farms Organic Antioxidant Blend totaled 162, with 71 people having been hospitalized. No deaths were reported.



Salmonella Typhimurium was associated with ground beef. A total of 22 persons infected with the outbreak strain of *Salmonella* Typhimurium were reported from six states. The number of ill persons identified in each state was as follows: Arizona (1), Illinois (2), Iowa (1), Michigan (9), Pennsylvania (1), and Wisconsin (8). Fifty percent of ill persons were hospitalized.



Consider whether you observe or monitor food service staff doing the following:

- Receive food products in good condition and at the proper temperature
- Properly washing hands
- Checking cook temperatures of raw meat, fish and poultry
- Properly washing fruit and vegetables
- Not cross-contaminating from raw meat, fish and poultry to ready-to-eat foods
- Not touching ready-to-eat food with bare hands
- Sanitizing food contact surfaces after cleaning
- Reheating and cooling foods rapidly
- Not working when ill

Salmonella Heidelberg was associated with Foster Farms Chicken. As of November 15, 2013, a total of 389 individuals infected with the outbreak strains of *Salmonella* Heidelberg have been reported from 23 states and Puerto Rico. Most of the ill persons (74%) have been reported from California. Since the last update on Oct. 30, 2013, 28 new ill persons have been reported from 8 states: Arizona (2), California (20), Idaho (1), Illinois (1), Louisiana (1), Nevada (1), Oregon (1), and Virginia (1). Forty percent of the people were hospitalized.



Listeria Monocytogenes was associated with Crave Brothers Farmstead Cheese Company, Les Frères cheese. The cheeses involved were soft cheeses. A total of six persons infected with the outbreak strain of *Listeria monocytogenes* were reported from five states. All six ill persons were hospitalized. One death was reported in Minnesota. In addition, one illness in a pregnant woman resulted in a miscarriage.

In these outbreaks the food was contaminated before it was delivered to the retail food establishments. Unfortunately, a retail food establishment owner does not know until a manufacturer issues a recall of the product. The food is the responsibility of the establishment owner once it enters the establishment.

Food Safety controls in your establishment are critically important. A knowledgeable food service staff will reduce the risk of foodborne illness.

Salmonella Saintpaul was associated with cucumbers. Infections were linked to imported cucumbers supplied by Daniel Cardenas Izabal and Miracle Greenhouse of Culiacán, Mexico and distributed by Tricar Sales, Inc. of Rio Rico, Arizona. A total of 84 persons infected with the outbreak strain of *Salmonella* Saintpaul were reported from 18 states. **Two people in Idaho were infected.** Twenty-eight percent of those infected were hospitalized.





Cold Holding: The Most Common Major Risk Factor Violation



Keep Cold Food Cold — 41° F or Below!!!!

Keeping cold food cold can be a challenge; however it's an absolute necessity to prevent the growth of harmful bacteria. In 2013, the most common offense identified by Environmental Health Specialists was cold holding violations. The Idaho Food Code requires that food able to support the growth of pathogenic bacteria be stored at or below 41° F.

Monitoring the ambient temperature of your refrigeration equipment is critical to maintaining your food products at a safe storage temperature. Having accurate records of the daily temperatures may prevent unsafe food from being served. It can be easy to assume that the temperature is warming because of the frequency of the refrigeration unit being opened, when in actuality it may be a mechanical problem.

Extra attention and monitoring may be necessary for your cold food preparation unit. Monitor food product temperatures in various locations in cold holding units to assure the cold air is circulating efficiently inside. Ambient and product temperatures need to be watched closely on a daily basis to preserve quality and prevent serving unsafe food due to microbial growth.

A quality probe thermometer can be your best tool to monitor food product temperatures within a refrigeration unit. Probe the food in your refrigeration units and keep a record. If the refrigeration thermometer is reading 40°F, there is a good chance the food inside is warmer than 41°F because of the frequent opening and closing of the door during a busy time. The only way to know for sure is to frequently take food product temperatures with your thermometer during and after busy periods.

A Temperature Monitoring Log Sheet (PDF) is available on the Central District Health Department website at: www.cdhd.idaho.gov/EH/food/active.htm

DISEASE REPORTING

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Are noroviruses contagious?

Yes! Noroviruses are highly contagious and can spread easily from person to person. Both stool and vomit are infectious. Particular care should be taken with young children in diapers who may have diarrhea.

How long are people contagious?

People infected with norovirus are contagious from the moment they begin feeling ill to at least three days after recovery. Some people may be contagious for as long as two weeks after recovery. Therefore, it is especially important for people to use good hand washing and other hygienic practices after they have recently recovered from norovirus illness.

During a norovirus outbreak, the health department requires ill employees to not work until 48 hours after symptoms stop.

More information can be found at www.cdc.gov/norovirus/food-handlers/work-with-food.html





Central District Health Department

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Food Safety Training Classes at CDHD

The Basic Food Safety video* is a six-part video covering the basics of food safety. The video is designed for entry-level food service employees, but the information is useful for review of key topics as well as home kitchens. The Basic Food Safety video does not offer certification. Cost: FREE! Find the videos on our website at cdhd.idaho.gov/EH/food/food_safety_videos.htm.

Idaho Food Safety and Sanitation Certification Completing this four hour course provides an Idaho certification in food safety under the state's Food Protection Program. The certification is good for five years. For more information and to register call 327-7499. Cost: \$38

ServSafe® Manager Certification ServSafe® is an eight hour food safety course sanctioned by the National Restaurant Association Educational Foundation and designed to provide food service managers with the knowledge necessary to meet state and national standards. The certification is valid for five years and can be used anywhere in the United States. The course is intended for food service managers, but is open to all food service employees. The registration fee covers all classroom materials and lunch. For more information and to register call 327-7499. Cost: \$114.

CLASS SCHEDULE All classes are held at the Central District Health Department 707 N Armstrong Place, Boise	
Idaho Food Safety and Sanitation Certification Class time is 8:30 a.m. – 12:30 p.m.	ServSafe® Manager Certification Class time is 8 a.m. – 5 p.m.
Wednesday, Jan. 22	Thursday, Jan. 23
Wednesday, Feb. 19	Thursday, Feb. 27
Wednesday, March 19	Tuesday, March 25
Wednesday, April 9	Wednesday, April 30
Thursday, May 22	Tuesday, May 20
Thursday, June 19	Thursday, June 26

*The Basic Food Safety Video by Central District Health Department, Boise, ID is licensed under a Creative Commons Attribution-Share Alike 3.0 United States License. Permissions beyond the scope of this license may be available at <http://cdhd.idaho.gov/about/publicinfo/staff.htm>.