

ABOUT FOODBORNE ILLNESS

Operational Risk Factors

The Centers for Disease Control and Prevention (CDC) has identified five key risk factors associated with foodborne illness outbreaks.

- Poor employee health and hygiene
- Improper cold holding, hot holding, and cooling
- Improper cooking
- Use of contaminated utensils and equipment
- Food from unsafe sources



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Big Six Foodborne Illnesses

The CDC has also identified six foodborne illnesses that are highly contagious and that can be easily transmitted through contaminated foods. They include four bacteria and two viruses.

Bacteria

- Salmonella Typhi
- Non-Typhoidal Salmonella
- Escherichia Coli (STEC)
- Shigella spp.

Viruses

- Hepatitis A
- Norovirus

Operational Prevention Measures

At a minimum, always exercise control in the following areas to prevent foodborne illness.

- Practice good personal hygiene (proper hand washing & glove use) and monitor employee health (exclude employees with symptoms of vomiting, diarrhea, and/or jaundice).
- Prevent time-temperature abuse by monitoring temperatures during cold holding, cooking, hot holding, cooling, and reheating.
- Focus on prevention of cross contamination by ensuring proper cleaning and sanitizing.
- Purchase foods from only approved reputable suppliers.

