

Employee Illness Fact Sheet

***Tell your manager if you have any of these symptoms:**

You should never handle food when you are sick because you can contaminate it and make other people sick. Tell your manager if you show signs of illness. This is especially important if you have been diagnosed with a foodborne illness. You cannot work if you have a foodborne illness!

If you become sick at work, your manager may ask you to stop working around food or equipment.



Diarrhea



Vomiting



**Sore throat
with fever**



**Jaundice
(yellowing of the skin and eyes)**

***If you work in an establishment that primarily serves people at high risk for foodborne illness (hospitals, daycare centers, nursing homes, etc.), you cannot work when you have any of these symptoms.**

Can They Handle It?

Directions: For each situation, circle the *thumbs up* symbol if it is *safe* for the employee to handle food and equipment and the *thumbs down* symbol if it is *unsafe*.



1. Amelia, a sandwich maker, has developed a sore throat with fever since arriving at work.



2. Clay, a prep chef, has itchy eyes and a runny nose while preparing vegetables.



3. Paula, a pizza maker, vomited several times before coming to work.



4. Khyle, a grill operator, has been feeling tired for several days. While at work, a coworker comments that Khyle's skin looks yellow.



5. Anupa, a salad maker, has had a sore throat for several days, but otherwise feels fine.



6. Rhonda, a chef, has a stomach ache and has made several trips to the restroom during her shift due to diarrhea.



7. Ric, a grill cook, has had to cough several times while grilling hamburgers.

Employee Illness Fact Sheet Optional Activity Answers

1. Can They Handle It?



1. **Amelia.** She has a sore throat with fever, which means she cannot handle food or equipment.



2. **Clay.** There is probably little risk to the food Clay is handling if he avoids touching his eyes or nose. If he does, he will need to properly wash his hands.



3. **Paula.** She should not be handling food because she has been vomiting.



4. **Khyle.** The yellowing of his skin and the accompanying fatigue may indicate Khyle has jaundice, which means he cannot handle food or work with equipment.



5. **Anupa.** While Anupa has a sore throat, she does not have an accompanying fever. This means that it is probably safe for her to handle food.



6. **Rhonda.** Since she has diarrhea, she should not be handling food.



7. **Ric.** While he does have a cough, it is not necessarily a risk to the safety of the food he is handling. However, he must take precautions to prevent contamination by coughing into his hands—away from food—and then properly wash them.