

# The Davis Digest

A Publication for Davis County Food Establishments

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## Multi-State Outbreak of Hepatitis A

Since January 2017, Utah has been experiencing an increase in hepatitis A cases. While the majority of cases have been identified in Salt Lake County and Utah County, other cases have been reported statewide including cases in Davis County.

The hepatitis A virus is transmitted person-to-person, usually by the fecal-oral route or through contaminated food or water. Inadequately cooked food and food contaminated after cooking can also be methods of transmission. Because of this, restaurants and food service workers should take extra care when handling and preparing food.

Infected individuals do not always develop symptoms but can still be contagious. If symptoms do occur, they usually appear 2-6 weeks after contact with a sick person. Symptoms include sudden onset fatigue, fever, nausea, diarrhea, and jaundice (yellowing of the eyes and skin, dark urine). Employees should be excluded from work if they have been diagnosed with hepatitis A, or are exhibiting symptoms of diarrhea for any reason or jaundice possibly associated with hepatitis A.

Hepatitis A virus is preventable through a two-dose series of vaccinations. The hepatitis A vaccine is available at most pharmacies and medical clinics. For more information about the outbreak in Utah, visit: [http://health.utah.gov/epi/diseases/hepatitisA/HAVoutbreak\\_2017](http://health.utah.gov/epi/diseases/hepatitisA/HAVoutbreak_2017) or scan this QR code:



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## THREE WAYS TO PROTECT AGAINST HEPATITIS A

### PREVENT ILLNESS

Practice good personal hygiene and double hand wash after visiting a restroom.

Thoroughly and continuously disinfect bathroom, dining, and kitchen areas using the following guidelines.

Encourage employees to receive a hepatitis A vaccine.

Report symptoms or a diagnosis of hepatitis A to the health department.

### USE AN EFFECTIVE DISINFECTANT

Chlorine bleach is effective against hepatitis A.

Mix 1 and 2/3 cup unscented bleach with 1 gal. of water. Allow 1 minute contact time. Rinse kitchen surfaces with water after disinfecting.

Most quaternary ammonium disinfectants are not effective against hepatitis A.

### SANITIZE OFTEN

Focus on sanitizing frequently touched surfaces such as toilet flush handles, bathroom faucets, sinks and counters, light switches, doorknobs, handrails, cash registers and computers, kitchen faucets, sinks, and counters.

Do not clean bathrooms in the same apron or uniform that a you wear in the kitchen!

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# Commonly Cited: Cooling Hot Foods

Improper cooling is one of the major causes of foodborne illness. In fact, there were 504 foodborne illness outbreaks in the United States that were linked to improper cooling between 1998 and 2008. If food is not cooled properly, it spends too much time in the temperature danger zone (between 41°-135°F) allowing dangerous bacteria to grow very quickly. Despite the risks associated with improper cooling, studies show that many facilities do not follow proper cooling procedures. One study showed that although 91% of managers report training their employees about cooling practices, 86% reported that their cooling processes do not follow FDA recommendations and 41% do not monitor time or temperature during cooling processes. Follow the steps listed below to ensure food is cooled properly in your establishment.

## 6 things to know about COOLING FOOD



### Proper cooling prevents illness

It is important to follow proper procedures for cooling hot food. If cooled improperly, harmful bacteria can grow quickly and make people sick.



### Time is very important

Cool cooked foods from 135°F to 70°F in 2 hours. Within next 4 hours, cool from 70°F to 41°F.



### Three factors can affect cooling

**SIZE:** Separate foods into smaller portions

**DENSITY:** Pay attention to thicker foods and avoid stacking pans of cooling food

**CONTAINER:** Use shallow containers made of metal; loosely cover while cooling



### Use one of six cooling methods

1. Use shallow pans with a loose cover
2. Put container in ice bath
3. Stir with ice wand/paddles
4. Add ice to cooked/condensed food
5. Use a blast chiller
6. Pre-chill ingredients



### Monitor & log the cooling process

Frequent monitoring is important to ensure foods reach the right temperatures at the right times. Use a cooling log to track the process.



### Take corrective action if needed

If cooling does not happen fast enough, it is important to take action to correct the situation. This may include using other cooling methods, reheating the food and restarting the process, or discarding the food.

## Review your last inspection report

You can access your inspection report online by following this QR code or going to <http://www.daviscountyutah.gov/health/environmental-health-services/inspections/restaurant-inspections>. A report can be emailed to you following a routine inspection. To have a past inspection report emailed or mailed to you call us at 801-525-5128.

