



### Actions That Can Contaminate Food

To avoid causing a foodborne illness, pay close attention to what you do with your hands. Some common actions to avoid are:

- Ⓐ Scratching the scalp
- Ⓑ Running fingers through the hair
- Ⓒ Wiping or touching the nose
- Ⓓ Rubbing an ear
- Ⓔ Touching a pimple or an infected wound
- Ⓕ Wearing a dirty uniform
- Ⓖ Coughing or sneezing into the hand
- Ⓗ Spitting in the operation

#### Apply Your Knowledge

Who Is at Risk?

Write an **X** next to the food handler's name if there is a risk that the food handler could spread pathogens.

- ① \_\_\_\_\_ Jamie, a prep cook, has a habit of rubbing his chin. Even though people tease him about this, he doesn't even notice when he touches it.
- ② \_\_\_\_\_ Rita, a pizza maker, has a bad headache but no fever. She gets a lot of headaches, but she always comes to work anyway.
- ③ \_\_\_\_\_ Lee, a sous chef, didn't have time to do laundry. He has to wear the same chef coat he wore yesterday.
- ④ \_\_\_\_\_ Phillip, a grill operator, has a small cut on his cheek. It's not bleeding, but he has a bandage on it.
- ⑤ \_\_\_\_\_ Gary, a dishwasher, has allergies. Sometimes he needs to spit, so he spits in the garbage can next to the sink.
- ⑥ \_\_\_\_\_ Helen's children have had diarrhea. Her mother has been caring for them so that Helen, a line cook, could go to work.
- ⑦ \_\_\_\_\_ Victor, an ice cream server, likes outdoor activities. Last weekend, he went camping in an area where there were no indoor toilets.
- ⑧ \_\_\_\_\_ Sabrina, a pastry chef, has dandruff, which itches. She tries not to scratch her head, but sometimes she just has to do it.

*For answers, please turn to page 3.20.*