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.