

SafeBites  MEET OUR FOOD SAFETY EXPERTS



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SafeBites  MEET OUR FOOD SAFETY EXPERTS



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SafeBites  presents

**PATHOGENS IN THE NEWS:  
IMPLICATIONS FOR FOODSERVICE**

presented by **Jeannie Sneed, PhD, RD**

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**GOAL OF WEBINAR**

This webinar will focus on three pathogens that have been involved with headline outbreaks during the past year: *Cyclospora cayentanensis*, Hepatitis A, and *Listeria monocytogenes*. Emphasis will be given to control measures that can be implemented in foodservice operations to mitigate risks related to these pathogens.

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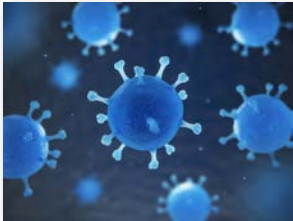
**WEBINAR OBJECTIVES**

After the completion of this webinar, participants will be able to:

- Describe key characteristics of cyclospora, Hepatitis A, and *Listeria monocytogenes*, including sources.
- List control measures that can be used to mitigate risks for these pathogens.
- Identify resources that can be useful for operators.

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**FOCUS PATHOGENS**



- Cyclospora—parasite
- Hepatitis A—virus
- *Listeria monocytogenes*—bacteria

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## CDC TOP TEN LIST FOR 2019

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And the winner is...



Cyclospora Cayetanensis

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## CYCLOSPORA CAYETANENSIS

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- Parasite
- Contaminated food and water; fecal source
- May be contracted year round, most common in spring and summer



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## RELATED FOODS

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- Water
- Produce



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## INCIDENCE OF CYCLOSPORIASIS: 2019

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As of November 19, 2019:

- 2408 laboratory-confirmed cases reported to CDC by 37 states, District of Columbia, and New York City
- 144 hospitalized, no deaths
- Multiple clusters were associated with different restaurants or events
- 10% of the cases were associated with Fresh Basil imported from Mexico
- The incidence of cyclosporiasis increased in 2019 compared to previous years



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## 2018 OUTBREAKS

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- Salad Mix
- Fresh Vegetable Trays



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## MITIGATION MEASURES

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- Purchase produce from approved, reputable suppliers.
- Restrict food handlers with diarrhea.
- Wash hands.
- Wear gloves when handling ready-to-eat foods.



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## INCIDENCE OF HEPATITIS A

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- Increased 70% from 2016 to 2017
- 29 states have reported 24,280 Hepatitis A illnesses since 2016
- 14,525 or 60% required hospitalization
- 236 deaths



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## HEPATITIS A

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- Virus
- Contagious, causing liver disease
- Mainly found in feces of infected people
- Illness typically occurs within 15-50 days
- Infected person may not show symptoms for weeks, but can be highly infectious



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## COMMON SYMPTOMS

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- Mild fever
- General weakness
- Nausea
- Abdominal pain
- Jaundice (later symptom)



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## 2019 HEPATITIS A OUTBREAK

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- Blackberries sold fresh from September 9-30 at Fresh Thyme Farmers Market grocery stores
- As of December 3, infections continued to be reported due to:
  - Freezing does not kill the hepatitis A virus
  - It takes up to 50 days or more for infection symptoms to develop
- To date, illness reported in six states (IN, MI, MN, MO, NE, & WI) but distribution center ships to 11 states (IA, IL, KY, OH, PA)
- Discard any blackberries purchased in September from a Fresh Thyme store

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## HIGHEST RISK

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People who:

- Use drugs
- Are homeless or have unstable housing
- Are incarcerated or recently incarcerated people
- Have chronic liver disease (including cirrhosis, hepatitis B, or hepatitis C)

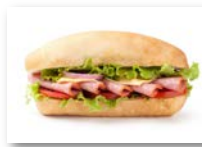


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## RELATED FOODS

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- Ready-to-eat food
- Shellfish from contaminated water



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## REPORTABLE ILLNESS

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- Reportable diagnosis—Hepatitis A is one of six illnesses
- Reportable symptom—jaundice
- Reportable history of exposure—Hepatitis A within the past 30 days of last exposure
- Reportable to regulatory agency—jaundice or Hepatitis A diagnosis

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## POLL QUESTION

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Does your operation have a clear, written policy for employees to report if they have any of the six illnesses that must be reported?

Yes  
No

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## STANDARD OPERATING PROCEDURES

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- Written
- Provide a list of reportable illnesses
- Provide a list of reportable symptoms
- Clearly communicated to all employees
- Signed off by employees

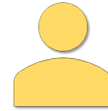


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## EXCLUSION OF WORKERS

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- Hepatitis A diagnosis—symptomatic or asymptomatic
- Jaundiced



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## POLL QUESTION

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- Do you screen new employees for Hepatitis A or require a Hepatitis A vaccination?
- Yes
- No

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## THE CASE FOR HEPATITIS A VACCINATIONS

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## MITIGATION MEASURES

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- Screen potential employees for hepatitis A
- Provide vaccines, especially to at-risk individuals
- Practice good personal hygiene
- Wash hands
- Use single-use gloves appropriately
- Avoid bare-hand contact with ready-to-eat foods
- Purchase shellfish from approved suppliers

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## LISTERIA MONOCYTOGENES

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- Bacteria
- Found in dirt, water, and plants
- Grow in cool, moist environments

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## HIGH RISK

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- Pregnant women
- Elderly
- Young children
- Patients with weakened immune systems



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## RELATED FOODS

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- Raw meats
- Ready-to-eat foods
- Unpasteurized dairy products
- Produce



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## INCIDENCE: 2017 - AUGUST 2019

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- 24 people, 13 states
- 22 hospitalized, 2 deaths
- No specific food, processor, store, or restaurant identified



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## EXAMPLES OF 2019 RECALLS/OUTBREAKS

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- November—Farm Boy Cheese Balls
- June-September—Deli sliced meats and cheeses
  - 4 states
  - 10 individuals hospitalized, 1 death
- January—Ready-to-eat pork products (pork patty rolls)
  - 4 states
  - 4 hospitalizations



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## EARLIER OUTBREAKS

- Raw milk
- Raw milk cheese
- Frozen vegetables
- Packaged salads
- Caramel apples
- Ice cream



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## SYMPTOMS OF LISTERIA INFECTIONS

- Vomiting
- Nausea
- Persistent fever
- Muscle aches
- Headaches
- Neck stiffness



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## MITIGATION MEASURES

- Practice proper handwashing techniques.
- Wear gloves when handling ready-to-eat foods.
- Dispose of high-risk foods that have passed their use-by or expiration date.
- Cook raw food to recommended minimum temperature.
- Prevent cross contamination.
- Clean and sanitize slicers between uses.
- Clean and sanitize work surfaces and cutting boards.
- Avoid using raw milk.
- Heat cold cuts, hot dogs, etc. for high-risk groups.
- Control time and temperature.



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## SUMMARY

- Cyclospora, Hepatitis A, and *Listeria monocytogenes* illnesses are occurring (and detected) more often and are responsible for outbreaks in 2019.
- Any type of foodservice operation and any person could be impacted.
- Food handling practices are important to reduce risks for all pathogens.
- Control measures must be in place to mitigate impact of pathogens.
- Standard operating procedures are important for communicating risk mitigation practices.
- Follow employee health guidelines for restriction and exclusion.
- Active managerial control is necessary.
- Facilities serving high-risk individuals should be hypersensitive.

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## RISK NOTHING!

- Screen staff
- Practice good personal hygiene
- Wash hands properly
- Wear single-use gloves



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## RESOURCES

- Raw Milk: <https://www.cdc.gov/foodsafety/rawmilk/raw-milk-index.html>
- Food Recalls: [www.recalls.gov/food.html](http://www.recalls.gov/food.html)
- Centers for Disease Control and Prevention: [www.cdc.gov](http://www.cdc.gov)
- SOP Templates: <https://www.extension.iastate.edu/humansciences/haccp> and <https://theicn.org/icn-resources-a-z/food-safety>
- Local health agency

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2020 WEBINARS

**MARCH 25** Health Inspectors: Allies for Food Safety

**MAY 13** Keep Fresh Produce Safe: Practices across the Food Chain

Each are preapproved for 1 hour of Continuing Education Credit by the School Nutrition Association (SNA) and the Certifying Board for Dietary Managers (CBDM)

**JOIN US FOR FUTURE WEBINARS!**

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**COMPLETED**

Certificates will be mailed out within 5-7 business days, following today's webinar.

**CERTIFICATES**

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For more information about our webinars and registration:

[foodhandler.com/education-training/](http://foodhandler.com/education-training/)



**WEBINAR RESOURCE**

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**Downloads**

- Daily Temperature Logs
- Temperature Chart For Safe Food
- Refrigerator Storage Chart
- Food Safety Doesn't Happen By Accident

**Videos**

- Handwashing
- Why To Glove
- When To Glove
- How To Glove



**FOODHANDLER RESOURCES**

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**Past Blogs**

- Checklist approach to Food Safety
- Communications
- Cost Control & Food Safety
- Emergency Preparedness

**Upcoming Blogs**

- Hepatitis A
- Health Inspectors
- Safe Fresh Produce
- Handwashing




**FOODHANDLER RESOURCES**

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Please send us your questions or comments at:  
[FoodSafety@foodhandler.com](mailto:FoodSafety@foodhandler.com)



**HOW DID WE DO?**

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