This webinar will focus on three pathogens that have been involved with headline outbreaks during the past year: Cyclospora cayetanensis, 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.

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.

• Cyclospora—parasite
• Hepatitis A—virus
• Listeria monocytogenes—bacteria
And the winner is...

Cyclospora Cayetanensis

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

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

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

• 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

HEPATITIS A

• 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

COMMON SYMPTOMS

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

2019 HEPATITIS A OUTBREAK

• 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

HIGHEST RISK

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)

RELATED FOODS

• Ready-to-eat food
• Shellfish from contaminated water
**REPORTABLE ILLNESS**

- 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

**POLL QUESTION**

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

**STANDARD OPERATING PROCEDURES**

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

**EXCLUSION OF WORKERS**

- Hepatitis A diagnosis—symptomatic or asymptomatic
- Jaundiced

**POLL QUESTION**

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

**THE CASE FOR HEPATITIS A VACCINATIONS**
**MITIGATION MEASURES**

- 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 MONOCYTGENES**

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

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**HIGH RISK**

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

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**RELATED FOODS**

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

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**INCIDENCE: 2017 - AUGUST 2019**

- 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**

- 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
EARLIER OUTBREAKS

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

SYMPTOMS OF LISTERIA INFECTIONS

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

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.

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.

RISK NOTHING!

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

RESOURCES

• Raw Milk: https://www.cdc.gov/foodsafety/rawmilk/raw-milk-index.html
• Food Recalls: www.recalls.gov/food.html
• Centers for Disease Control and Prevention: 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
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)

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• Food Safety Doesn’t Happen By Accident

Videos
• Handwashing
• Why To Glove
• When To Glove
• How To Glove

Past Blogs
• Checklist approach to Food Safety
• Communications
• Cost Control & Food Safety
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Upcoming Blogs
• Hepatitis A
• Health Inspectors
• Safe Fresh Produce
• Handwashing

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HOW DID WE DO?