



Basics for Food Workers/Servers

YOU make a difference! – Protect the food you serve.

THE BASICS

- **Stay away** from all food operations if you are experiencing fever, coughing, shortness of breath, diarrhea, vomiting, sore throat with fever, have an unprotected wound, or suspect you are becoming ill.
- **Do not eat, smoke, chew tobacco or gum, or drink** in food preparation and dishwashing areas.

YOUR HEAD AND HANDS

- **Cover your head and all hair** with a cap, scarf, and/or hair net (*even bald heads*).
- **Report any cuts** on the hand or wrist to your manager. Completely cover cuts with a non-absorbent bandage, finger cot, and a glove.
- **Wash hands** every time after touching your face, hair, clothing or body, using the restroom, and before putting on or taking off on disposable gloves.
- **Wear disposable gloves and clean clothes** to prepare or serve food.
- **Change your gloves** when they become torn or when they become soiled (wiping food off the floor, handling garbage, etc.).
- **Avoid touching** your face, hair, clothing, or body.
- **Use** a scoop or any utensil with a handle to serve ice.
- **Do not contact** food with your bare hands.

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