

AMY'S FOOD SAFETY SPOTLIGHT

June 2024



UPCOMING SERVSAFE® CLASSES

June 4th – Louisville

June 18th – Louisville - Full

June 25th – Pineville, KY

July 8th – Louisville

July 22nd - Louisville

UPCOMING EVENTS:

Sporting Clay's Tournament

June 10th

Jefferson Gun Club

AMY'S FOOD SAFETY SCOOP

The Big Six

One way that food can be contaminated is thru Biological contaminants. These include bacteria, viruses, parasites, and fungi. According to the FDA there are over 40 kinds of bacteria, viruses, parasites, and molds that can contaminate food and lead to a foodborne illness, but of those, six have been singled out because they are highly contagious and can cause severe illness, they have been dubbed as the “**Big Six**”.

One of the areas of knowledge that a health inspector may ask about is your responsibilities as they relate to preventing the transmission of foodborne disease from a food employee who has a disease or medical condition that may cause foodborne illness in others.

Employees diagnosed with an illness from any of the **Big Six** pathogens must never work in a foodservice operation while they are sick.

The **Big Six** include:

1. **Salmonella Typhi** – also known as typhoid fever, this bacteria only lives in humans and is linked to ready to eat foods and beverages
2. **Nontyphoidal Salmonella** – many farm animals carry this bacteria naturally it is linked to poultry, eggs, meat, milk, dairy products and produce such as tomatoes, peppers, and cantaloupes.
3. **Shigella spp** – this bacteria is found in the feces of humans with the illness. Food linked with this bacteria is food easily contaminated by hands, pasta salad, shrimp salad, chicken salad etc.... and food that has



come in contact with contaminated water such as produce.

4. **Shiga toxin producing E-coli** – This bacteria can be found in the intestines of cattle and can contaminate during slaughtering. Foods linked to this bacteria is ground beef (raw and undercooked) and contaminated produce.
5. **Hepatitis A** – this virus is mainly found in the feces of people infected with it. It has been linked to contaminated water, ready to eat foods and shellfish from contaminated water.
6. **Norovirus** – this virus is also found in the feces of people infected with it. It is also linked to contaminated water and ready to eat foods. People become contagious within a few hours after eating the virus. In fact, Norovirus is the leading cause of foodborne illnesses in the United States accounting for 52% of all foodborne illness cases.

It is important that management train their team members to let them know if they are sick, live with someone who is sick or have been exposed to any illness caused by a **Big Six** pathogen.

If employees have any of the following symptoms, they must be excluded from coming into the operation:

1. Vomiting
2. Diarrhea
3. Jaundice (yellow skin or eyes)

Learn more about the **Big Six** and other risk factors to our food by signing up for a ServSafe® manager class with the Kentucky Restaurant Association.

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