



Will County Health Department's Food Service Newsletter

November 2009

The Cockroach

Did you know that once a female cockroach becomes pregnant she is pregnant the rest of her life? Did you also know that a cockroach can survive without food for an entire month living off of its own fat source? It can also hold its breath for forty five minutes without dying, but can survive only a week without water. A cockroach can survive an entire week without its head because its brain is actually located throughout its body. The facts are scary. It is important to maintain a clean facility, including base boards, equipment, vents, floors and yes...even ceiling tiles. Ever wonder how cockroaches climb walls? They are equipped with a set of little claws on their feet designed for that very purpose. These critters are masters of survival and in order to keep them out, you must prevent them from coming in. It is important to work with your local pest control operator for guidance on prevention and in worst case scenarios, treatment.



2010 FOOD COURSE SCHEDULE

15 Hour Food Service Sanitation Managers Course

Enrollment Fee of \$185.00 includes books and state approved exam

February 2, 4, 9, 11

April 13, 15, 20, 22

June 15, 17, 22, 24

August 3, 5, 10, 12

October 5, 7, 12, 14

Dec. 7, 9, 14, 16

All classes 9 am to 3:30 pm

Exam given on last day of class.

REFRESHER COURSE SCHEDULE

Enrollment Fee \$50.00

Jan 12th 9 am - 3:30 pm

March 16th 9 am - 3:30 pm

May 18th 9 am - 3:30 pm

Sept. 14th 9 am - 3:30 pm

Nov. 16th 9 am - 3:30 pm

Renewal and Retake Exams Also Available Monthly. Call to Schedule Your Renewal or Retake Exams. \$15 charge for Exam.



Reminder

Your 2010 Permit fee is due before January 1st or there will be a 25% penalty fee added on to the permit fee for your establishment.

Continue to post in public view your existing WCHD Food Permit. A new WCHD Permit will not be printed every year.

National Food Safety Awareness Month

September 2009 was National Food Safety Education Month. Throughout this month the Partnership for Food Safety Education has started a food safety myth busters campaign. The common myth's discussed included the following:

1) **Myth: Lemon juice and salt will clean and sanitize a cutting board.**

Fact: Sanitizing is the process of reducing the number of microorganisms that are on a properly cleaned surface to a safe level to reduce risk of food borne illness. Lemon juice and salt will not do this. The most effective way to sanitize a cutting board as well as other kitchen surfaces is to use a proper sanitizing solution along with a potable water source.

2) **Myth: Putting chicken in a colander and rinsing it with water will remove bacteria like salmonella.**

Fact: Rinsing poultry in a colander will not remove bacteria. In fact, it can spread raw juices around your sink, onto your countertops, and onto ready-to-eat foods. Bacteria in raw meat and poultry can only be killed when cooked to a safe internal temperature, which for poultry is 165°F, as measured with a food thermometer.

3) **Myth: Once a hamburger turns brown in the middle it is cooked.**

Fact: You cannot use visual cues to determine whether food has been cooked to a safe internal temperature. The ONLY way to know that food has been cooked to a safe internal temperature is to use a food thermometer. Ground beef according to the Illinois Food Service and Sanitation Code should be cooked to an internal temperature of 155°F, as measured by a food thermometer.

4) **Myth: You should not put hot food in the refrigerator.**

1) **Fact:** The Illinois Department of Public Health Food Service Sanitation Code Section 750.140 subsection B. states that potentially hazardous food requiring refrigeration after preparation shall be labeled or tagged with the date and time of preparation and a safe internal temperature of 41°F. Cooked potentially hazardous foods shall be cooled from 135 to 70 within 2 hours and from 70 to 41 or below within 4 more hours (or within a total of 6 hours).



Source: Partnership for Food Safety Education

How to Survive Flu Season 2009



The flu season is in full force! Your local health department has some words of wisdom on how to get through the season.

- Cover your nose and mouth with a tissue when you cough or sneeze or sneeze into your elbow. Throw the tissue in the trash after you use it.
- ***Wash your hands often with soap and water.***
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)
- While sick, limit contact with others as much as possible to keep from infecting them.

Follow public health advice regarding school closures, avoiding crowds, and vaccinations. Also remember to keep an appropriate distance from one another while sick to lessen the spread of flu.

Top 10 Hand Hygiene Facts to Consider:

- 10.) The fecal-hand-oral route is the #1 pathway for foodborne illness.
- 9.) Viruses, not bacteria are now the #1 foodborne pathogen.
- 8.) On average, 1/5 of your customers are highly susceptible to foodborne illness.
- 7.) Since infectious illnesses have asymptomatic periods, you must operate as if you have an ill employee on every shift.
- 6.) 1 gram of feces can contain 10^9 (1 billion) Norwalk viruses. The infectious dose is only 10!
- 5.) Toilet paper is a poor barrier for fecal matter.
- 4.) Running out of soap is one of the most common breakdowns in the hand washing program.
- 3.) Wash hands before applying soap.
- 2.) Single-use paper towels are quicker and aid friction-based cleaning.
- 1.) **HANDWASHING IS THE SINGLE MOST IMPORTANT MEANS OF PREVENTING THE SPREAD OF INFECTION.**



Source: Centers for Disease Control

West Nile Virus Wrap up

Another West Nile Virus (WNV) season has come and gone. This year, the Will County Health Department set up seven gravid traps throughout the county. The mosquitoes collected from these traps were examined in our Environmental Health lab. There were 255 batches of mosquitoes that were tested to determine virus activity. Out of the 255 batches of mosquitoes collected, five of them tested positive for West Nile Virus. The positive batches were located in; Homer Glen, Frankfort and Joliet, IL. The Illinois Department of Public Health (IDPH) also has traps set up throughout the county. Of the traps they have set IDPH tested one positive batch of mosquitoes in Bolingbrook, IL. In addition the Will County Health Department's WNV Hotline received 110 phone calls reporting dead birds. Five birds were sent to be analyzed, none of which tested positive for WNV. No human cases have been reported in Will County. For more information on West Nile Virus visit www.idph.state.il.us.net.

North Branch Office
323 Quadrangle Drive
Bolingbrook, Illinois 60440

Joliet Main Office
501 Ella Avenue
Joliet, Illinois 60433

East Branch Office
44 Town Center
University Park, Illinois 60466