

Food Handler Illness Guidelines

for Colorado Retail Food Establishments in Boulder County

This document contains guidance for Boulder County retail food establishments regarding illness in food handlers. The guidance reflects regulations outlined in the Colorado Retail Food Establishment Rules and Regulations, Chapter 2, Section 2-2: Employee Health, effective March 2013.

This document gives guidance on the following conditions:

- 2-201: Responsibility of Licensee, Person in Charge and Employee
- 2-202: Exclusions and Restrictions 2-203: Removal, Adjustment or Retention of Exclusions and Restrictions
- 2-203: Skin Wounds
- 2-203: Sore throat with fever
- 2-204: Discharges from Eyes, Nose and Mouth

Please contact Boulder County Public Health (BCPH) if you have questions or if you suspect an outbreak in your facility:

- Communicable Disease Program: 303-413-7500
- Food Safety Program: 303-441-1564

Diagnosis	Exclusion,* Restriction,** and Reinstatement Requirements (per Regulations 2-202 and 2-203)	Person in Charge Report illness to BCPH (per Regulation 2-201)	Employee Report illness to person in charge (per Regulation 2-201)
Norovirus (diagnosed by testing vomit or stool)	Active Symptoms: EXCLUDE until 48 hours after last episode of vomiting or diarrhea and the person in charge obtains approval from BCPH.	Yes	Yes

* **Exclusion:** Prevent a person from working as an employee in a food establishment or entering a food establishment as an employee.

** **Restriction:** Limit the activities of a food employee so that there is no risk of transmitting a disease that is transmissible through food; also ensure that the food employee does not work with exposed food, clean equipment, utensils, linens, or unwrapped single-service or single-use articles.

*** **Highly Susceptible Population:** Persons who are more likely than other people in the general population to experience foodborne disease because they are immunocompromised, preschool age children, or older adults. They obtain food at a facility that provides services such as custodial care, health care, or assisted living facilities (e.g. child or adult day care centers, kidney dialysis centers, hospitals, or nursing homes), or nutritional or socialization services facilities (e.g. senior centers).

<p>Hepatitis A (diagnosed by having a positive blood test)</p>	<ul style="list-style-type: none"> • Active Symptoms with Jaundice: EXCLUDE until the person in charge obtains BCPH approval. Typically the employee is excluded until 7 days after onset of jaundice. • Active Symptoms without Jaundice: EXCLUDE until the person in charge obtains BCPH approval. Typically the employee is excluded for 14 days after onset of symptoms if there is no jaundice. • No Symptoms: EXCLUDE until the person in charge obtains BCPH approval. <p>Refer to reinstatement guidance at: http://www.colorado.gov/cs/Satellite/CDPHE-DCEED/CBON/1251607755419</p>	<p>Yes</p>	<p>Yes</p>
<p>Shigella, or Shiga Toxin-Producing E. coli (typically diagnosed by a stool sample)</p>	<ul style="list-style-type: none"> • Active Symptoms: EXCLUDE until at least 24 hours after diarrhea has resolved, adequate hygiene can be maintained, and the person in charge obtains BCPH approval. • No Symptoms; Employee Serves Highly Susceptible Population:***EXCLUDE until the person in charge obtains BCPH approval. • No Symptoms AND Employee DOES NOT Serve Highly Susceptible Population:*** RESTRICT until the person in charge obtains BCPH approval. Typically employees are excluded or restricted until they have 2 consecutive negative stool samples collected at least 24 hours apart. If employees were treated with antibiotics, stool specimens should not be collected until at least 48 hours after they took their last dose of antibiotics. <p>Refer to reinstatement guidance at: http://www.colorado.gov/cs/Satellite/CDPHE-DCEED/CBON/1251607755419</p>	<p>Yes</p>	<p>Yes</p>
<p>Salmonella Typhi (Typhoid Fever)</p>	<ul style="list-style-type: none"> • Active Symptoms or no symptoms: EXCLUDE until the person in charge obtains BCPH approval. Typically the employee is excluded until the employee's symptoms have resolved and employee has 3 consecutive negative stool samples, each collected at least 24 hours apart, at least 48 hours after the last dose of antibiotics and no sooner than one month after illness onset. 	<p>Yes (Also report if illness occurred in last 3 months)</p>	<p>Yes</p>
<p>Other Bacterial Stomach Bugs (Including Salmonella and Campylobacter)</p>	<ul style="list-style-type: none"> • Active Symptoms: EXCLUDE until at least 24 hours after diarrhea has resolved and adequate hygiene can be maintained and the person in charge obtains regulatory approval. • No Symptoms: Consult with Boulder County Public Health (BCPH) to determine the need for exclusion or restriction. 	<p>Yes</p>	<p>Yes</p>

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Diagnosis	Exclusion,* Restriction,** and Reinstatement Requirements (per Regulations 2-202 and 2-203)	Person in Charge Report illness to BCPH (per Regulation 2-201)	Employee Report illness to person in charge (per Regulation 2-201)
Vomiting or Diarrhea	EXCLUDE until asymptomatic for at least 24 hours or documentation is provided from a health practitioner specifying that the symptom is from a non-infectious condition.	No	Yes
Jaundice	EXCLUDE if onset of jaundice occurred within last 7 days, unless documentation is provided from a health practitioner specifying the jaundice is not caused by the hepatitis A virus.	Yes	Yes
Sore throat with fever	<ul style="list-style-type: none"> • EXCLUDE if employee works in a food establishment servicing a highly susceptible population.*** • RESTRICT if employee works in a food establishment NOT serving a highly susceptible population.*** <p>REINSTATEMENT REQUIREMENTS: Employees are excluded or restricted until they provide written documentation from a health practitioner to the person in charge stating that the employee meets 1 of the following conditions:</p> <ul style="list-style-type: none"> • Has received antibiotic therapy for strep throat infection for more than 24 hours; • Has at least 1 negative test for strep throat; OR • Is otherwise determined by a health practitioner to be free of strep throat infection. 	No	Yes
Open lesion containing pus on: <ul style="list-style-type: none"> • Hands or wrist • Exposed portion of arm • Other body parts 	RESTRICT until the lesion is properly covered with one of the following: <ul style="list-style-type: none"> • Hand, finger, or wrist lesions: An impermeable cover, such as a finger cot or stall, and the use of a single-use glove over that covers the hand/wrist. • Arm: An impermeable cover. • Other parts of body: A dry, durable, well-fitted bandage. 	No	Yes

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Sneezing, coughing, or runny nose that causes discharge from eyes, nose, or mouth	RESTRICT until symptoms subside. Although the regulations do not specifically state that an employee must “report” these conditions to the employer, it does specifically state that food employees experiencing these conditions “may not work with exposed food, clean equipment, utensils, and linens, or unwrapped single-service or single use items.” (2-204)	No	No
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