



# TOSA FOOD SCOOP

## Its Flu Season Again!

Flu is a serious respiratory disease that can lead to hospitalization and sometimes death.

### How do you get the flu?

Flu viruses are spread through droplets of moisture that are made when people with flu cough, sneeze or talk. These droplets contain viruses that when inhaled by another person can cause an infection. A person might also get the flu by touching a surface or object that has these droplets on it and then touch their own eyes, mouth or nose.

### What are the symptoms of flu?

Symptoms include fever, chills, headache, runny nose, cough, aching in the muscles and joints. Sometimes you may have vomiting and diarrhea but this is more common in children and adults.

### Your Feedback Is Important!

Earlier this year, the City of Wauwatosa Health Department instituted a customer satisfaction survey. We are collecting feedback for our customers, food establishment operators.

**We would like your input!** If you have not done already, please take two minutes to answer a few simple questions.

You can complete the survey online by visiting

<https://www.surveymonkey.com/r/whdfood>

Thank you for your participation!

### What can I do to prevent from getting the flu?

- Get vaccinated! The first and most important step is to get a flu vaccination each year. The Wauwatosa Health Department as well as many doctor's offices and pharmacies provide flu vaccinations.
- Try to avoid close contact with sick people.
- Wash your hands or use hand sanitizer frequently.
- Avoid touching your eyes, nose & mouth. Germs spread this way.
- Cover your nose and mouth with a tissue when you cough and or sneeze, then throw the tissue away. If you don't have a tissue, cough or sneeze in your elbow
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

### If you are sick with the flu:

- Stay home! Avoid contact with people as much as possible. Employees sick with a flu-like illness need to stay home for 24 hours after the fever is gone. Your fever should be gone without the use of a fever-reducing medicine.
- Contact your health care provider. There may be medicine that you can take to make your illness milder and shorten the time you are sick.

### Additional information:

Display a "Cover your Cough" poster in your establishment. [http://www.cdc.gov/flu/pdf/protect/cdc\\_cough.pdf](http://www.cdc.gov/flu/pdf/protect/cdc_cough.pdf)

Display a "Wash your hands after using the toilet" poster in your establishment

[http://www.cdc.gov/healthywater/pdf/hygiene/one-trillion-germs\\_508\\_8x11.pdf](http://www.cdc.gov/healthywater/pdf/hygiene/one-trillion-germs_508_8x11.pdf)

More information about the flu can be found at [www.cdc.gov/flu](http://www.cdc.gov/flu).

## The 3-Legged Stool

Food safety equals the prevention of foodborne illness. The *3-legged stool* is the foundation on which food safety rests. The legs of the stool are:

- 1) Proper Hand washing
- 2) No Bare-hand contact with Ready-to eat foods
- 3) Employee Health.

These are also referred to as *interventions*. An intervention is a method of preventing the spread of foodborne illness. If one of the legs is missing, the stool cannot stand and the risk of foodborne illness increases.

Proper hand washing refers not only to washing thoroughly - scrubbing and washing hands for 20 seconds - but also to timely hand washing. Are employees washing their hands when they should? Are hands washed when gloves are changed? Are hands washed when changing tasks?

Bare hands always have the possibility of spreading foodborne germs through cross-contamination, regardless of proper hand washing. If a food is ready to-eat such as bread, fruit, salads there must be no bare-hand contact because there will be no opportunity to kill bacteria by cooking.

The final leg of the three-legged stool is employee health. Through an enforced employee health policy, employees may recognize the symptoms of foodborne illness and know that they should report to management if they experience symptoms of, are diagnosed with, or exposed to foodborne illness. If you have any questions regarding food safety interventions, contact your area inspector or the Health Department at 414-479-8939



## Keep Those Shellstock Tags

Restaurants often serve raw molluscan shellfish\*, such as oysters, clams and mussels, which are harvested from various rivers and bays. Before harvesting is allowed, the waters of the rivers and bays must be certified by state and federal regulators as safe (uncontaminated). If the waters of the bay or river become contaminated, shellstock may contain harmful bacteria or viruses, which can lead to foodborne illness. Food service establishments play an ongoing, behind

the scenes role in monitoring the shellstock source through *shellstock tags*.

Food service operators have two primary responsibilities regarding shellstock tags:

1) The tags must be kept with the original container until the container is empty. We strongly recommend that when container becomes empty, food service operators note the date on the tag.

2) KEEP TAGS from empty containers for 90 days. WI Food Code requires shellstock tags be kept for 90 days after the container is empty. Containers may include cardboard boxes, bags or cans.

The shellstock tags identify the waters from which the shellfish came, when the shellfish was harvested, who harvested the shellfish and who distributed the shellfish— among other information. This is important information that can be used to trace back to the harvest areas if a food-related illness occurs related to contaminated shellfish. If the trace back leads back to contaminated waters, that area may be declared off limits to further shellstock harvesting.

If shellfish is served raw, the health department inspector will verify that there is a record-keeping method for shellstock tags. It can be as simple as an index card box or a hook in an office, so long as the record keeping is orderly. If a food service operator is not keeping records or incomplete records are observed by an inspector, the product is subject to impoundment and/or disposal.

If you have any questions about shellstock tags or recordkeeping methods, please check with your area inspector.

**\*Definition of Shellfish:** All species of (1) oysters, clams or mussels, whether: (a) shucked or in the shell; (b) raw, including post-harvest processed; (c) frozen or unfrozen; (c) whole or in part; and (2) Scallops. **Shellstock** means live molluscan shellfish in the shell.

## Contact Us

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[www.wauwatosa.net/health](http://www.wauwatosa.net/health)

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