

Cov Neeg Ua Haujlwm Kev Tu Tus Kheej Kom Huv Du Lug

Employee Personal Hygiene

CHEEM KAB MOB LOS NTAWM ZAUB MOV

PREVENT FOODBORNE ILLNESS

Hmong

Kev txwv ntawm cov neeg ua haujlwm uas mob

Tus neeg uas yog tus coj (PIC) yuav tsum txwv tsis txhob pub cov neeg mob tuaj ua haujlwm thaum lawv muaj:

- Raws plab
- Ntuav

Koj yuav rov mus ua hauj lwm tsis tau ua ntej sij hawm dhau 24 xuab moo tom qab koj cov tsos mob zoo tu qab lawm tso. Qhov no suav txog kev mus ua hauj lwm nrog lossis kov raug rau tej zaub mov uas tsuas lawm, tej twj uas huv, diav rawg, ntaub, thiab tej khoom siv ib zaug.

Kuj yuav txwv raug koj yog tias koj mob:

- Norovirus
- *Salmonella*
- *Shigella*
- Mob Kab Siab A
- Shiga toxin-producing *E. coli*
- Mob nrog lwm yam npes taws lias, vais lav lossis cab

Cheem kev kis mob los ntawm txhais tes

Koj cheem tau qhov tsuas kab mob rau tej zaub mov yog tias koj ntxuav tes, tsis txhob siv tes dawb tes npliag los tsuab cov zaub mov

English

Exclusion and restriction of ill employees

The person in charge (PIC) must exclude all ill employees from the establishment while they have:

- Diarrhea
- Vomiting

You cannot return to work for at least 24 hours after your symptoms end. This includes working with exposed food, clean equipment, utensils, linens, and single-service or single-use items.

Exclusions and restrictions may apply if you have been diagnosed with:

- Norovirus
- *Salmonella*
- *Shigella*
- Hepatitis A virus
- Shiga toxin-producing *E. coli*
- Infection with another bacterial, viral or parasitic pathogen

Preventing contamination from hands

You can prevent contamination of food from hands by washing hands, eliminating bare hand contact with ready-to-eat food and covering open wounds.

thiab yuav tsum npog qhww tej qhov txhab nqaij to.

Ntxuav tes

Yuav ntxuav tes li cas:

1. Muab koj ob txhais tes ntub dej
2. Muab xaub npum tso rau ob txhais tes
3. Muab xaub npum ntxuav ob txhais tes li ntawm 10 mus txog 15 chib
4. Yaug tes kom zoo
5. Muab ob txhais tes so kom qhuav
6. Ua tib zoo kom tsis txhob tsuas txhais tes ntxiv lawm

Lub sijhawm ntxuav tes yuav kav ntev txog li 20 chib.

Thaum twg thiaj yuav ntxuav tes:

- Ua ntej mus ua zaub mov noj, kov diav rawg, lossis twj tais
- Ua ntej siv hnab los looj tes
- Ntxuav kom heev tsim nyog lub sijhawm ua zaub ua mov thiab thaum pheej hloov mus ua yam tshiab
- Tom qab mus kov tej npoo rooj uas tsuas thiab tej khoom ntawm lub cev thiab thaum tes tsuas
- Tom qab siv chav dej tag

Ntxuav tes rau qhov twg:

Tsuas ntxuav tes rau tej dab ntxuav tes nkaus xwb.

Siv hnab looj tes thiab siv cov diav rawg

Cheem kom txhob sib kis tau kab mob ntawm txhais tes dawb tes nplaig mus rau cov zaub mov siav noj tau nrog txoj kev siv hnab looj tes lossis siv diav rawg los daus zaub daus mov, lossis siv tej ntaub nyias qhww cov khoom noj, duav do zaub mov, lossis cov tais nqaij.

Handwashing

How to wash:

1. Wet your hands
2. Apply soap
3. Rub your hands for 10 to 15 seconds
4. Rinse your hands well
5. Dry your hands
6. Keep your hands clean

The entire process must last at least 20 seconds.

When to wash:

- Before working with food, utensils, or equipment
- Before putting on gloves
- As often as needed during food preparation and when changing tasks
- After touching soiled surfaces and body parts and whenever hands become contaminated
- After using the bathroom

Where to wash:

Only wash your hands in sinks designated for handwashing.

Wear gloves and use utensils

Prevent cross-contamination of ready-to-eat food from bare hands by wearing disposable gloves or using utensils, deli tissue, spatulas or tongs.

Nqaij to, qhov txhab thiab mob o rau txheej nqaij tawv

Yuav tsum npog thaiv tej nqaij to, qhovtxhab, lossis kiav txhab mob os uasnyob ntawm txhais tes thiab txhais npab nrog ib daim ntaub qhwv uas tiv thaiv dej tau. Looj cov hnab looj tes lossis siv tej hnab looj ntiv tes lossis qhwv tes los ntxiv npog thaiv qhov nqaij to uas koj siv ntaub qhwv ntawd.

Tus PIC yuav tsum txwv tus neeg ua haujlwm tsis pub nws ua haujlwm yog nws daim tawv nqaij mob kiav txhab qhib lossis tawm kua paug thiab to es tsis muab npog qhwv.

Khaub ncaws, plaub hau, rau tes thiab nyiaj kub khoom coj

Hnav tej khaub ncaws uas huv thiab siv tej lub hnab qhwv plaub hau saum taub hau, ntoo kaus mom lossis vas phuam kom qhwv cov plaub hau. Thaum tseem npaj ua mov noj, koj yuav tsum tsis txhob tha rau tes lossis coj tej rau tes cuav, lossis looj tooj npab tooj tes, tshwj tsis yog lub nplhaib qhaib lossis lwm lub nplhiab voj voos xwb.

Cov neeg ua cov haujlwm uas tsis muaj feem ntau heev yuav los mus kov tsuas rau tej zaub mov, tej twj tais, tej diav rawg, ntaub, thiab tej khoom siv ib zaug pov tseg, yuav tsis tas looj khi nws cov plaubhau los tau.

Kev noj mov, haus dej lossis haus luam yeeb

Yuav tsis pub noj mov, haus dej lossis haus luam yeeb hauv chav ua zaub mov noj vim txhais tes, cov zaub mov, thiab tej npoo rooj uas zaub mov chwv yuav tsuas tau. Yeej pub koj haus tau tej khob dej uas muaj hau khwb.

Cuts, wounds and sores

Completely cover any cuts, wounds, or open sores on the hands and arms with a waterproof bandage. Wear single-use gloves over finger cots or bandages on the hands and fingers.

The PIC must restrict employees from working if they have an infected skin lesion or boil that is open or draining and not properly covered.

Clothing, hair, fingernails and jewelry

Wear clean clothing and an effective hair restraint such as a hairnet, hat or scarf. While preparing food, you must not have painted or false fingernails, nor wear jewelry on the arms and hands, except for a wedding band or other plain ring.

Employees whose duties present a minimal risk of contaminating exposed food, clean equipment, utensils, linens, and single-service or single-use items may work without wearing a hair restraint.

Eating, drinking or using tobacco

Eating, drinking or using tobacco in food preparation areas is prohibited because hands, food, and food-contact surfaces may become contaminated. You are allowed to drink from a covered container.

Ntaub Ntawv Pab Ntxiv (Resources)

[Minnesota Department of Health Food Business Safety](http://www.health.state.mn.us/foodbizsafety)
(<http://www.health.state.mn.us/foodbizsafety>)

Minnesota Department of Health
Food, Pools, and Lodging Services
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St. Paul, MN 55164-0975
651-201-4500
health.foodlodging@state.mn.us
www.health.state.mn.us

Lub1HlisXyoo2019

*Xav tau cov ntaub ntawv no ua lwm hom, hu rau:
651-201-4500 or 651-201-6000.*

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*To obtain this information in a different format, call:
651-201-4500 or 651-201-6000.*