

Tiv Thaiv Kev Kis Mob Los Ntawm Yus Ob Sab Tes

Preventing Contamination from Hands

Hmong

Txhob Siv Tes Mus Kov Zaub Mov

Cov neeg ua hauj lwm yuav tsum tsis txhob siv tes ncaj nraim los mus kov cov zaub mov uas twb npaj noj tau lawm. Siv cov cuab yeej tiv thaiv no los daus cov zaub mov:

- Daim ntawv nyias nyias npog zaub mov
- Rab diav tsho
- Rab rawg tais zaub mov
- Hnab looj tes
- Cov khoom siv daus zaub mov

Cov neeg ua hauj lwm yuav tsum ceev faj tsis txhob sib tes los kov cov zaub mov uas twb npaj noj tau lawm. Yog tias tsis muaj kev siv cov cuab yeej los sis hnab looj tes raws li qhia, nws yuav muaj feem kis kab mob rau cov zaub mov.

Lub luag hauj lwm ntawm tus neeg tswj xyuas, yog los tiv thaiv kom txhob muaj neeg siv lawv txhais tes kov zaub mov:

- Saib xyuas cov neeg ua hauj lwm kom lawv ntxuav tes thiab siv hnab looj tes muab thiab npaj zaub mov.
- Tsis pub cov neeg uas muaj mob xws li ntuav los sis raws plab koom nrog txoj kev npaj zaub mov.

Hnab Looj Tes

Txoj kev ntxuav tes thiab siv hnab looj tes yog ib qho zoo heev, uas los mus tiv thaiv kom cov zaub mov txhob muaj kab mob.

English

Preventing bare hand contact

Employees need to avoid contacting ready-to-eat food with bare hands. Handle ready-to-eat food by using:

- Deli tissue
- Spatulas
- Tongs
- Single-use gloves
- Dispensing equipment

Employees also need to minimize bare hand contact with food that is not ready-to-eat. Improperly used utensils or gloves can be a vehicle for cross-contamination.

It is the duty of the person in charge to prevent contamination of food from bare hands by:

- Monitoring employee food handling and handwashing.
- Excluding employees who are ill with vomiting or diarrhea.

Single-use gloves

When used with proper handwashing, gloves are one way of preventing contamination of ready-to-eat food from bare hands.

Tsis txhob siv hnab looj tes yam tsis ntxuav tes ua ntej. Tsis txhob ntxuav thiab rov siv hnab looj tes dua. Yuav tsum siv hnab looj tes rau ib yam hauj lwm tshwj xeeb xwb. Siv hnab looj tes ib zaug thiab muab pov tseg tom qab siv tas. Yuav tsum ntxuav tes ua ntej hnav hnab looj tes tshiab.

Yuav tsum siv hnab looj tes thiab muab pov tseg tom qab siv tas:

- Thaum hnab looj tes qias los sis ntuag lawm.
- Ua ntej pib kov lwm yam tshiab.
- Tom qab kov nqaij nyoos.
- Ua ntej yuav los mus kov cov zaub mov uas twb npaj yuav noj lawm.
- Tom qab looj thiab siv tau 4 teev ntev.

Cov Neeg Muaj Feem Kis Kab Mob Yooj Yim

Tsis pub siv tes ncaj nraim kov cov zaub mov uas muab rau cov neeg muaj feem kis kab mob yooj yim.

"Cov neeg muaj feem kis kab mob yooj yim" yog cov neeg uas kis kab mob yooj yim los ntawm cov zaub mov uas tsis huv, thiab lawv muaj feem raug mob hnyav dua lwm tus vim lawv:

- Yog cov neeg uas roj ntshav tsis muaj kev tiv thaiv kab mob zoo, los sis yog cov me nyuam yaus, los yog cov neeg laus.

THIAB

- Noj zaub mov ntawm cov chaw uas tau kev saib xyuas, xws li tsev kho mob loj, cov chaw pub zaub mov noj, los sis lwm yam kev pab cuam noj zaub mov hauv zej zog.

Kev Npaj Cov Khoom Noj

Gloves are not a replacement for proper handwashing. Never wash and reuse disposable gloves. Gloves should be task specific. Use gloves for one task and then discard them. Wash hands before putting on new gloves.

Always discard and change gloves:

- As soon as they become soiled or torn.
- Before beginning a different task.
- After handling raw animal product.
- Before handling cooked or ready-to-eat food.
- At least every four hours during continual use

Highly susceptible population

Bare hand contact with ready-to-eat food is never allowed for employees who are serving a highly susceptible population.

"Highly susceptible population" means persons who are more likely than others in the general population to experience foodborne disease because they are:

- Immunocompromised, or preschool-age children, or older adults.

AND

- Obtaining food at a facility that provides services such as custodial care, health care, or nutritional or socialization services.

Handling ingredients

Txoj kev siv tes ncaj nraim los npaj zaub mov yeej raug kev raug cai, yog tias koj tab tom npaj hom khoom noj uas yuav tsum tau muab ua kom siav.

Piv txwv:

- Ntxiv cheese los sis lwm yam rau lub pizza ua ntej muab ci.
- Ntxiv zaub rau cov nqaij nyoos ua ntej muab kib kom siav.

Kev Npaj Cov Khoom Noj Ua Tiav

Cov neeg ua hauj lwm uas tsis yog muab zaub mov rau cov neeg muaj feem kis kab mob yooj yim, yeej muaj cai siv tes muab cov khoom noj ua tiav yog tias ua raws li cov txheej txheem txhawb kev nyab xeeb ntawm cov zaub mov.

Cov txheej txheem ntawm txoj kev siv tes muab thiab kov zaub mov yuav tsum tau sau tseg rau cov neeg ua hauj lwm, nrog rau cov cai cuam tshuam txog kev noj qab haus huv, thiab cov ntaub ntawv cob qhia txog kev tiv thaiv kab mob. Cov chaw noj mov tuaj yeem hu tau rau tus neeg soj ntsuam yog xav paub cov cai no kom ntxaws dua.

Bare hand contact is allowed if you are adding ready-to-eat food as an ingredient to a food item that will be cooked to required temperatures and times.

Examples include:

- Adding cheese or other ready-to-eat toppings to a pizza dough.
- Adding vegetables to a raw meat dish before cooking.

Handling finished menu items

Employees who are not serving a highly susceptible population may be allowed to contact ready-to-eat food with bare hands if certain conditions are met.

Written procedures are required that include a list of ready-to-eat food touched by bare hands, a written employee health policy, and documentation of training and additional safeguards. Food establishments may contact their inspector for detailed requirements.

Cov lus qhia ntxiv uas pab tau (Resources)

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

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

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Xav tau cov ntaub ntawv no ua tus qauv txawv qhov no, hu rau: 651-201-4500 or 651-201-6000.