



# **A guidebook on how to handle food safely**

## **For volunteers at club parties and similar events**

### **Why do you need to take special precautions when handling food?**

More and more cases are emerging in which a lack of hygiene when handling food can lead to serious and possibly life-threatening illnesses, especially for young children and the elderly. Food-borne illnesses like these can spread like wildfire among large groups of people who attend club and street parties or similar events. The guide sets out best hygiene practice in this critical area.

### **Which food types are most prone to infections?**

Both animal and plant-based foods can be contaminated with pathogens (bacteria, viruses or parasites). Particular care is needed when handling the following types of food:

- Meat, poultry and their by-products
- Milk and dairy products
- Fish, crustaceans, molluscs (seafood/shellfish) and products containing them
- Eggs and egg dishes (especially from raw eggs)
- Food for infants and toddlers
- Baked goods with fillings or toppings that are not baked or heated through (e.g. cream pies)
- Ice cream and ice cream derivatives
- Delicatessen, raw vegetable and potato salads, marinades, mayonnaises, other emulsified sauces and nutritional yeasts
- Sprouts and seedlings eaten raw or the seeds from which they originate

### **How can you help prevent food-borne infections?**

Anyone who comes into contact with the food types mentioned at a party, either directly or indirectly (e.g. via crockery and cutlery) has a high responsibility towards his/her guests and must observe the following hygiene rules to the letter.

Here, it is worth distinguishing between legal prohibitions on activities and general hygiene rules that apply when handling food:

### **Legally prohibited activity**

People with

- **Infectious gastroenteritis** (contagious diarrhoea, possibly accompanied by nausea, vomiting, fever),
- **Typhus** or **Paratyphus**,
- **Viral hepatitis A or E** (liver inflammation),
- **Infected wounds** or a **skin disease**, if this raises the risk of pathogens contaminating food and thus being transmitted to other people,

are not permitted to handle the above-mentioned foodstuffs outside the private domestic sector in accordance with the Infection Protection Act. This also applies to ill persons who only come into contact with food indirectly (e.g. via crockery and cutlery) and where there is a risk of pathogens being transmitted to the food. This applies, regardless of whether or not a medical professional has diagnosed any **disease** or any corresponding symptoms of illness have emerged, that raise **suspicions** of the same accordingly.

The same applies to any people in whom, after a **stool sample** was examined, the pathogens salmonella, shigella, enterohaemorrhagic Escherichia coli bacteria (EHEC) or cholera vibrios were detected, even if the person concerned does not show any symptoms of disease (so-called "excretors").

**The following symptoms in particular are strong indications of the above-mentioned diseases, especially if they occur after a stay abroad:**

- Diarrhoea with more than 2 thin stools per day, possibly accompanied by nausea, vomiting and fever.
- High fever with severe headache, abdominal or joint pain and constipation; these may point to typhoid and paratyphoid fever
- Yellowing of the skin and eyeballs, which may indicate viral hepatitis.
- Wounds and open skin areas, if red, greasy, oozing or swollen.

If you experience such signs of illness, be sure to seek medical advice.

### **Key hygiene rules when handling food**

- Remove any finger rings, wristwatches and arm jewellery before starting work.
- Wash your hands thoroughly before starting work, before each new work step and after each visit to the toilet. Use liquid soap, running water and disposable towels to dry your hands.
- Wear clean protective clothing (head bonnet, smock or similar).
- Do not cough or sneeze on food.
- Also cover any small wounds on your hands and arms with a clean and waterproof plaster.
- Keep any food requiring refrigeration cool, even when serving it.
- Observe the heat-retaining temperatures for cooked food (min. 65°C).
- Separate "clean" and "unclean" operations
- Avoid direct contact with food when serving - use suitable clean utensils (forks, tongs etc.)

**Compliance with the rules outlined in this leaflet is imperative. Any failure to do so may result in civil and criminal penalties.**