



Guidelines for working safely with food

For volunteer helpers at club parties or similar events

Why must special precautions be taken when working with food?

Again and again, poor hygiene practices during the preparation of food lead to potentially life-threatening illnesses, especially for small children and the elderly. A large group of people can quickly become affected by food-related illnesses contracted at club or street parties or similar events. This information sheet offers guidance on correct practices in this sensitive area so that communal eating and drinking can be enjoyed without any fear of falling ill.

Anyone who prepares, treats or markets food is legally liable for ensuring this is done properly and without any detrimental consequences!

Which kinds of food lead most frequently to infections?

Pathogens are able to reproduce easily in certain foods. These include

- Meat, poultry and products derived from them
- Milk and dairy products
- Eggs and foods containing egg (especially raw eggs)
- Baked goods with fillings which have not been baked or heated through (e.g. cream cakes) or toppings
- Fish, crabs, seafood and products made from them
- Ice cream and ice cream products
- Delicatessen, raw food and potato salads, marinades, mayonnaise and sauces
- Sprouts and seeds for raw consumption, seeds for sprouting

How can you contribute to the prevention of food-related infections?

Anyone who comes into contact with these types of food at an event, either directly or indirectly (e.g. via crockery and cutlery) carries a high degree of responsibility for the guests and must strictly follow the hygiene rules below.

It is important here to distinguish between activities prohibited by law and general hygiene rules for handling food.

Activities prohibited by law

Persons with

- **infectious gastroenteritis** (contagious diarrhoea, possibly accompanied by nausea, vomiting, fever),
- **typhus** or **paratyphus**,
- **viral hepatitis A** or **E** (liver infection),
- **infected wounds** or **skin diseases**, if there is a possibility that pathogens may find their way into food and be transferred to other persons,

are not permitted to work with the above types of food outside the home as stipulated in the Infection Protection Act. It does not matter whether a doctor has diagnosed an **infection** or if the relevant symptoms are present which cause such an illness to be **suspected**.

The same applies for persons for whom a **stool sample** has indicated the presence of the pathogens salmonella, shigella, enterohaemorrhagic *Escherichia coli* bacteria (EHEC) or cholera vibrios even if the affected person does not show any symptoms of illness (known as "carriers").

The following symptoms in particular indicate these illnesses, especially if they occur after a period spent overseas:

- Diarrhoea with more than 2 loose bowel movements per day, possibly with nausea, vomiting and fever
- High fever with severe headache, abdominal or joint pains and constipation are signs of typhus and paratyphus
- Yellowing of the skin and whites of the eyes are indications of viral hepatitis
- Open skin or wounds which are red, covered in a smeary coat, oozing or swollen

Should you experience any of these symptoms, please seek medical advice immediately.

Important hygiene rules for handling food

- Remove any watches, rings and bracelets before beginning work.
- Wash your hands thoroughly prior to starting work, before each new working step and after visiting the toilet. Use liquid soap, flowing water and disposable towels for drying your hands.
- Wear clean protective clothing (hairnet, work coat etc.)
- Never cough or sneeze onto food.
- Cover small wounds on your hands and arms with clean, waterproof plasters.
- Avoid touching the food directly when serving - use suitable clean utensils (forks, tongs etc.)