

# Information for Food Service Workers and Managers

*Shigella* bacteria can cause diarrhea, fever, and stomach pain. *Shigella* spread very easily when a person eats food or drinks water contaminated with poop from an infected person.



## Food Preparation

**Food prepared by someone infected with *Shigella* can become contaminated and make other people sick.**

*Shigella* outbreaks have been linked to contaminated foods prepared by sick food workers. Foodborne *Shigella* outbreaks usually happen because a food worker who has a *Shigella* infection:

- Stays on the job while sick,
- Does not wash their hands properly after using the toilet, and
- Directly touches food with their bare hands.

## Tips for Food Workers

Prevent the spread of foodborne illnesses, including those caused by *Shigella*:

- **Tell your manager** when you are sick.
- **Stay home** from the time you first feel sick until at least 2 days after your diarrhea ends.
- When you return to work, **wash your hands** before, during, and after preparing foods, after using the restroom, and after handling garbage.
- **Complete food safety trainings** and **follow food safety practices**, including:
  - » Using gloves, tongs, or other kitchen utensils to avoid touching ready-to-eat foods, such as salads, sandwiches, and fruits, with your bare hands.
  - » Cleaning and sanitizing food preparation surfaces and utensils.
  - » Cooking, handling, and storing foods at the right temperatures.

## Tips for Food Service Managers

Food service managers can work with food handlers to prevent the spread of foodborne illnesses.

- **Require food handlers** to tell management when they are sick and to stay home from the time they first feel sick until at least two days after their diarrhea ends.
- **Get certified** through an accredited kitchen manager certification program.
- **Create schedules and policies** that ease the pressure for food handlers to work while they are sick. Examples include having on-call food workers for every shift, cross-training employees to fill gaps, and finding a replacement for the sick food worker.
- **Require food handlers to properly wash their hands** before, during, and after preparing foods, after using the restroom, and after handling garbage.
- **Ensure food handlers are trained in and follow food safety practices**, including:
  - » Washing their hands with soap at key times during their shift.
  - » Using gloves, tongs, or other kitchen utensils to avoid touching ready-to-eat foods, such as salads, sandwiches, and fruits, with their bare hands.
  - » Cleaning and sanitizing food preparation surfaces and utensils using chlorine bleach (1 cup of household bleach [5%-9% concentration] per 5 gallons of water).
  - » Cooking, holding, and storing foods at the right temperatures.

## More Information

- CDC's Food Safety website:  
<https://www.cdc.gov/foodsafety/>



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