

# DESIGNATED BREAK AREAS

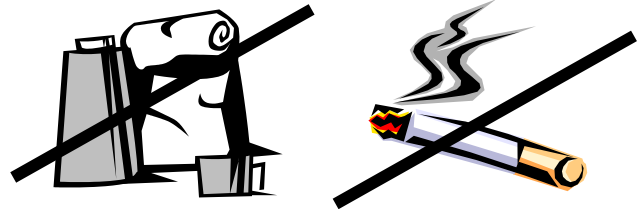
**Code Section: 6-403.11 Designated areas**

**Smoking, eating and drinking by employees anywhere but in designated areas is prohibited because of the probability of contaminating food and food contact surfaces as a result of these actions.**

**Employees should smoke, eat and drink only in designated break areas.**

## **Smoking:**

- It is impossible to smoke without exposing the fingers to droplets of saliva.
  - Small and unnoticed, these droplets can contain thousands of bacteria, which can contaminate anything the fingers touch.
  - Exhaled smoke sends saliva droplets and other contamination into the air.
  - Microorganisms may pass from soiled object to the hands, to the cigarette, to the lips and mouth.

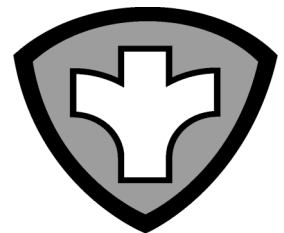


## **Eating & Drinking**

- Eating in a kitchen is prohibited.
- Eating should not occur in places that could lead to possible contamination of food and food contact surfaces.
- Employees should eat in dining areas or designated break areas ONLY.

## **What to do after smoking and eating?**

- After smoking and eating, and before returning to work, employees should thoroughly wash their hands and the exposed portions of their arms with soap and warm water.
- Proper handwashing is the first line of defense to food borne illnesses.



**Public Health**  
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### **Note:**

If your facility doesn't have a separate break room or dining room, talk to your Sanitarian about an appropriate area for breaks.