

# PERSONAL HYGIENE / HEALTH

## Code Section: 2-2 Employee Health

### Practices To Follow:

**Employees who are ill with vomiting or diarrhea must be excluded from the workplace.**

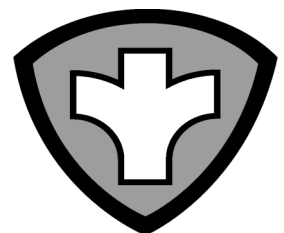
#### Before Work:

- If you are sick (fever, diarrhea, vomiting, jaundice) – **Stay Home**
- Start work with a clean body:
  - Shower or bathe
  - Shave, use deodorant, brush teeth
- Keep nails clipped and clean
- Wear clean clothes
- Treat and report sores, boils, rashes, or other skin eruptions to management



#### At or During Work:

- Use proper hand washing procedures:
  - Wash hands frequently and anytime hands become contaminated
  - Wash hands when going from a non-food handling task to a food handling task
  - Wash after handling dirty dishes and before handling clean dishes
  - Wash hands before and after use of gloves
  - Hand sanitizer is not a substitute for hand washing
- Don't cough or sneeze near food or dishes
- Keep your hair neat and properly restrained
- Keep fingers out of food and off of food-contact surfaces
- Smoke, eat and drink only in designated areas
- Treat and report cuts to management
- Band-aids on hands must be covered with gloves or finger cots
- Smoke, eat & drink only in designated areas.
- Use a clean apron every day



**Public Health**  
Prevent. Promote. Protect.

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**Good hygienic practices can prevent the transmission of foodborne illness.**