Clean Hands Save Lives

Keeping hands clean through improved hand hygiene is one of the most important steps we can take to prevent foodborne illness outbreaks and the spread of bacteria and viruses to others.

When should you wash your hands?

- Before, during, and after preparing food
- Before eating food
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching garbage

How should you wash your hands?

- Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap
- Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails
- Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice
- Rinse your hands well under clean, running water
- Dry your hands using a clean towel or air dry them

Washing your hands with soap and clean water is the best method to wash your hands, but if this is not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do not eliminate all types of germs and might not remove harmful chemicals.
Norovirus: You Don’t Want It

Norovirus is a germ that spreads quickly and easily. It causes vomiting and diarrhea that come on suddenly. Millions of people get ill with norovirus each year. You can help protect yourself and others by washing your hands often and following simple tips to stay healthy.

Norovirus Is the Most Common Cause of Gastroenteritis in the U.S

CDC estimates that each year in the United States norovirus causes 19 to 21 million illnesses, 56,000 to 71,000 hospitalizations, and 570 to 800 deaths. Anyone can get infected with norovirus, and you can get it more than once. It is estimated that a person will get norovirus about 5 times during their lifetime. Norovirus outbreaks occur throughout the year, but over 80% of reported outbreaks occur from November to April.

Norovirus spreads quickly. It is found in the vomit and poop of infected people. You can get it by:

- Having direct physical contact with a person who is infected with norovirus, for example, caring for or shaking hands with an ill person and then touching your hands to your mouth
- Eating food or drinking liquids that are contaminated with norovirus
- Touching surfaces or objects with norovirus on them and then putting your hands in your mouth

Protect Yourself and Others from Norovirus

- Practice proper hand hygiene
- Clean and disinfect contaminated surfaces
- Wash laundry thoroughly

Common Norovirus Outbreak Settings

While norovirus spreads quickly from person to person in enclosed places like nursing homes and cruise ships, it is also a major cause of outbreaks in restaurants and catered-meal settings if contaminated food is served or people handing food are ill.

For more information, please visit www.cdc.gov/features/norovirus.
Food Handler Schedule

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*Spanish only.

Pre-registration is required. Register by calling 972-237-8055.

New Food Establishment Fees

On September 19, 2017, the City of Grand Prairie Council approved amendments to Chapter XIII, Article II “Food Establishments”. The approved amendments include the change of annual fees for all food service permits. All food establishments that hold or apply for a Food Service permit will have an annual fee of $500. The new fees went into effect immediately. For existing facilities the new fee will be reflected on the annual invoices sent to each facility. Contact us with questions at 972-237-8055.

Fight the Bite

Warmer weather is just around the corner and along with it comes mosquito season. By eliminating sites with stagnant water the potential for mosquito breeding and transmission of diseases like West Nile and Zika is reduced.

What you can do to help:

- Clean rain gutters free of debris and leaves
- While outside, use an EPA-approved insect repellent
- Repair leaky pipes, outdoor faucets, and ensure proper operation of sprinklers
- Cover or turn upside down any container that may collect water
- Fill in or drain any low places (puddles, ruts) around your facility
- Cover trash containers to keep out rain water
- Fill in any tree holes and hollow stumps that hold water with sand or concrete
- Keep grass cut short and shrubbery well-trimmed around your property

Remember, NO standing water, NO mosquitoes. Keep mosquitoes under control.

For additional information, please contact us at 972-237-8056 or visit us on-line at www.gptx.org/fightthebite.
Keep Food and Water Safe After a Disaster or Emergency

After a disaster throw away food that may have come in contact with flood or storm water; perishable foods that have not been refrigerated properly due to power outages; and those with an unusual odor, color, or texture. Unsafe food can make you sick even if it looks, smells, and tastes normal. **When in doubt, throw it out.**

Clean and sanitize things that touch food in a four-step process:

1. Wash with soap and clean water
2. Rinse with clean water
3. Sanitize by immersing for 1 minute in a solution of 1 cup (8 ounces or 240 milliliters) of chlorine bleach in 5 gallons of clean water
4. Allow to air dry

Do not use water you suspect or have been told is contaminated to wash dishes, wash and prepare food, wash your hands or make ice.

For more information, please visit [www.cdc.gov/disasters/foodwater](http://www.cdc.gov/disasters/foodwater).

Proper Cleaning

Restaurants must maintain a clean and hygienic environment for the health and safety of employees and patrons. Every aspect of the facility must be properly cleaned to ensure safe food preparation and handling. Restaurant managers must carefully inspect kitchen areas, eating and dining areas and restrooms to make sure the restaurant meets health and sanitation requirements set forth by the local government.

**Kitchen Area**

The kitchen is one of the most important areas in the restaurant to keep clean. This area is exposed to a variety of possible contaminants. Cooks, servers, bussers, and even cashiers have access to the kitchen and could potentially contaminate food products. Uncooked food also poses health risks if surfaces are not cleaned sufficiently. To properly clean a restaurant kitchen, employees must sanitize equipment and surfaces that have come in contact with food and kitchen instruments and must do so after each task. Kitchen items such as cutting boards, blenders, grills and countertops should also be disinfected.