

Shiga toxin-producing E. coli

Escherichia coli (E. coli) bacteria are found in the intestines of humans and other animals. Most E. coli are harmless and play an important role in maintaining a healthy intestinal tract. Some types can cause illness in humans. Shiga toxin-producing E. coli (STEC) are the strains (O157, O111, O103, etc.) that often cause food borne illness. These types of E. coli can cause illness by creating a toxin called Shiga toxin.

Transmission

Infections typically begin when you ingest trace (usually invisible) amounts of human or animal feces. Exposures can be caused by consuming contaminated food or water, unpasteurized (raw) milk, or by coming into contact with the feces of infected people or cattle. An estimated 265,000 cases of STEC infection occur each year in the United States.

Listeria monocytogenes

Due to the recent outbreaks of Listeria, we would like to provide you with a link to additional resources about this organism.

Please visit: www.fsis.usda.gov/wps/portal/fsis/topics/regulatory-compliance/listeria for additional information concerning policies, procedures, and guidance.

Changes! — Starting July 1, 2016

Please note these changes to the class schedules.

- Monday Spanish-speaking class will be at 3:00 pm. The Friday morning class is still at 9:00 am. This provides Spanish-speaking customers with a choice for a morning or afternoon class time.
- The Monday morning class at 9:00 am will be taught in English.
- The Thursday afternoon class at 4:00 pm has been eliminated. It has been replaced with a Waiver Test at 3:00 pm.

Onset and Symptoms

Symptoms may appear within 1 – 10 days (typically 3 – 4 days) after exposure. The symptoms of STEC infections vary from case to case. Common symptoms include severe stomach cramps, diarrhea (often bloody), vomiting, and fever. Around 5 – 10% of the people who are diagnosed with STEC develop a life-threatening complication known as hemolytic uremic syndrome (HUS) which may cause the loss of kidney function.

Prevention

- Hand washing after using the bathroom, before preparing food, and after coming into contact with animals or their environments.
- Cook meats thoroughly (155°F for ground beef and ground pork).
- Avoid unpasteurized juice and dairy.
- Avoid swallowing water from lakes, ponds, streams, and swimming pools.
- Properly sanitize cooking equipment and food prep surfaces after working with raw meat.

Source: www.cdc.gov/ecoli

Waiver Test Offered Weekly

— Starting July 7, 2016

The Waiver Test will be offered weekly on Thursdays at 3:00 pm at the Eastgate Metroplex Training Center. Please be sure to arrive 30 minutes early because seating is limited to the first 50 people who register.

This is an option for food service workers with good knowledge of food safety requirements who would like to renew their food handler permit without sitting through a class. It is a 50 question test and no instruction or assistance will be provided on test day. Failure of the test requires attending a regular class. Study Guides are available on our website at www.tulsa-health.org under Food Safety.

Pest Control

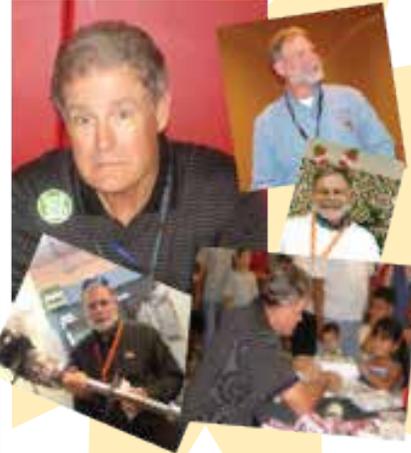
As temperatures begin to rise with the summer months, the activity of warm weather pests such as flies, roaches, and ants will also increase. Here are some simple reminders on how to keep those pests out of your facility.

- Keep all doors and windows closed
 - Make sure that door sweeps, weather stripping, and window seals are in good condition; no gaps present
- Keep dumpster and grease receptacle lids closed
- Don't store food, supplies, or cleaning equipment directly on the ground
- Make sure that the outside area is clean
 - Food debris on the ground will act as a food source, keeping the pests right outside your door
- Repair all leaking plumbing and make sure there is no standing water on the ground for pests to drink
- Contract with a licensed pest control operator

Honoring a Legend

Frank Strozier, Field Supervisor for THD, has retired after forty-one years of dedicated service. During his tenure, Frank mentored dozens of health inspectors and shared his knowledge with thousands of people throughout Tulsa County. Although Frank has retired, his teachings will reverberate throughout the Tulsa area for years to come. He now volunteers some of his time from retirement to work with and train new inspectors. In commemoration of his legacy, the office that

houses over twenty inspectors was dedicated in his honor. Frank, thank you for all that you have done for the Tulsa Health Department and for the citizens of the greater Tulsa area. You will be missed!



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TULSA HEALTH
DEPARTMENT
5051 S. 129th E. Ave
Tulsa, OK 74134
918.582.9355
tulsa-health.org

