

CULINARY CHRONICLES

Thurston County Food & Environmental Services

Spring 2006

Printable “No Smoking” signs can be downloaded at the following web-sites:

www.secondhandsmokesyou.com or
www.doh.wa.gov/tobacco/secondhand/secondhand.htm

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Clean Indoor Air Act—Q & A for Food Service Operators

Q What is the Clean Indoor Air Act?

A The Clean Indoor Air Act (RCW 70.160) is a state law that prohibits smoking in a public places and workplaces to protect employees and the public from secondhand smoke. The citizens of Washington approved Initiative 901 (I-901), which expands the Act and makes Washington the 10th state in the nation to have a comprehensive smoke-free workplace act. The new law was passed on November 7, 2005.

Q Does the law apply to me?

A Beginning on December 8, 2005 smoking is prohibited in public places or places of employment. Public place means any place used by and open to the public. Place of employment means any area under the control of a public or private employer through which employees are required to pass during the course of employment.

Q What does the law require employers to do?



A The new law requires the person in charge of any public place or place of employment to prohibit smoking in their facilities. The law requires “No Smoking” signs to be posted conspicuously at each building entrance. In addition, smoking cannot be allowed within 25 feet from any entrances, exits, windows that open, and ventilation intakes.

You may purchase “No Smoking” signs from many retailers, including office supply, hardware, and home improvement stores. Also consider posting signs near entrances, exits, windows, and ventilation intakes to advise smokers to move away from those areas to meet the requirements of the presumptive reasonable distance of 25 feet.

Q How do I deal with people who want to smoke?

A Develop a policy that clearly outlines how your

business will enforce both your new smoke-free policy and the 25-Foot Rule. If a patron is attempting to smoke indoors, you or your staff must remind them of the law and explain that they must step outside and away from openings that allow smoke to come indoors.

Q What if I choose not to ask customers to stop smoking?

A If you fail to comply with the Act, an employee or member of the public may contact your local health department to file a complaint.

Q How will the act be enforced?

A Compliance with the Clean Indoor Air Act is the responsibility of the owner, manager, operator, or another person in charge of an area open to the public or place of employment. Local health jurisdictions will enforce the Clean Indoor Air Act for businesses, including bars and restaurants, and local law enforcement agencies will maintain responsibility for individuals violating the law.

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Raw Milk Illness Outbreak—*E.coli* O157:H7



“The farm was providing milk through a cow-share program where “shares” of cows were sold to individuals...”



In January 2005 the Washington State Department of Agriculture (WSDA) confirmed an outbreak of *E. coli* O157:H7 in southwest Washington State from raw milk that came from a local farm. The farm, according to WSDA, sold raw milk without the required producer and processor licenses and sanitary inspections as required by state law. The farm was providing milk through a cow-share program where “shares” of cows were sold to individuals or families in exchange for milk products.

E. coli O157:H7 was found in both milk samples and envi-

ronmental samples. The samples were matched by DNA finger printing to the human illness samples by the Washington State Public Health Laboratory. The illnesses investigation found eighteen individuals with symptoms. Five children in this group required hospitalization, and two needed life support.

During the investigation of the illness outbreak WSDA inspectors found many areas at the farm that did not meet current standards and may have contributed to the outbreak. The following are



some examples: no water or waste water system was available at the milk barn for milking operations or cleaning; no hand wash or equipment sinks were available for cleaning and sanitizing; no bacteriological test results were provided for the well water system used by the farm; cross-contamination was observed during the milk

preparation process; and finally the milk was transferred into stainless steel containers in a vehicle that had dirt and hay debris directly under the containers.

Q & A on *Escherichia coli* O157:H7

Q What is *E. coli* O157:H7?

A It is one of hundreds of strains of the bacteria *Escherichia coli*. Most strains are harmless and live in our intestines and do no apparent harm to our bodies. This strain, however, produces a powerful toxin and can cause severe illness.

Q How is *E. coli* O157:H7 spread?

A The organism can sometimes be found on cattle farms and can live in the intestines of cattle. Meat can become contaminated during slaughter, and the bacteria can be spread throughout the

meat when it is ground. *E. coli* O157:H7 present on a cow’s udder or on equipment may get into the milk during the milk production process. Eating meat, especially ground beef, which has not been sufficiently cooked to kill *E. coli* can then cause infection. Other reported sources of infection include sprouts, lettuce, juice, and swimming or drinking sewage contaminated water.

E. coli can also be spread in the diarrheal stools of infected persons in a “person-to-person” contact situation. This is particularly likely among toddlers who are not toilet trained, and for other family members who care for them.

Q What symptoms does *E. coli* O157:H7 cause?

A It often causes severe bloody diarrhea and abdominal cramping. The infection can also cause non-bloody diarrhea with little or no fever, resolving itself in 5 to 10 days. In some persons, particularly children under 5 years of age and the elderly, the infection can cause a complication called hemolytic uremic syndrome, which may lead to kidney failure.

Q What can you do to prevent *E. coli* O157:H7?

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On March 6, 2006 the Thurston County Board of Health approved the revision of Article II, Thurston County Rules and Regulations Governing Food Service. The new code became effective on this date and we are now in the process of full implementation, which we

hope to have completed on April 1, 2006. You can obtain a copy of the new regulation by calling our office at (360) 754-3355 x 7386 or by downloading a copy from our website at <http://www.co.thurston.wa.us/health/ehfood/index.html/>.

If you have any additional questions about the new regulation you can call L. Darrell Cochran at (360) 754-3355 extension 7524 or email: cochrad@co.thurston.wa.us



Clean Indoor Air Act (continued)

(Continued from page 1)

Q What are the penalties for individuals and businesses?

A A civil fine of up to \$100 can be imposed on those individuals who violate the law by smoking or destroying a sign allowed by the law. Businesses will receive an initial warning serving as a notice of violation for correction, but then can be fined up to \$100 per day as long as the infraction continues. In addition, the local health jurisdiction can call upon the city, town, or county prosecuting attorney to file a court injunction to enforce the law and to assess and recover civil penalties for the violation.

Q Under the new law, can provisions be made for any employee or customer smoking areas?

A A limited use **smoking-only** area can be allowed only if it can meet **all** of the following requirements:

- The area is located at least 25 feet from any

entrances, exits, windows that open and ventilation intakes that serve an enclosed area of a public building or vehicle.

- No service to the public is provided in the area.
- No employee would ever be required to pass through the area during the course of employment.

Q Is smoking permitted in outdoor seating area, for example, at a restaurant or tavern?

A No, smoking is prohibited in outdoor seating areas. While outdoor seating may be placed 25 feet from any door or window, it is still an area considered as a “place of employment” where employees are required to pass through during the course of employment.

Q What is the 25-foot “rule” and can it be changed?

A The law states that smoking must be prohibited “within a presumptive reasonable distance of 25 feet

from entrances, exits, windows that open and, ventilation intakes that serve an enclosed area. An owner or operator of a public place may seek to rebut the presumption that 25 feet is a reasonable minimum distance by making application to the director of the local health jurisdiction to change that restriction. The applicant must show “clear and convincing evidence” that, given the unique circumstances present at the facility, smoke will not enter the facility. The application for rebuttal can be obtained by contacting Karen Bryan-Nielson at (360) 754-3355 x 7392 or on line at www.co.thurston.wa.us

Q Are there provisions for exemptions and waivers?

A There are no exemptions or waivers allowed to the main intent of the law, all public places and places of employment are required to be smoke-free, the exception being the rebuttal of the 25-foot rule.

“A civil fine of up to \$100 can be imposed on those individuals who violate the law by smoking.....”





WSU Cooperative Extension Offers PIC Workshop

WSU Cooperative Extension in cooperation with Thurston County is offering six “Person In Charge” (PIC) workshops this spring and summer. PIC training is a 4 hour workshop to help shift leaders, managers, supervisors, and owners understand their responsibilities as PIC’s.

The 2005 revision of the Washington Food Rule states that at least one designated person in charge (PIC) must be present during all hours of operation for food establishments. The PIC must know when to exclude ill food workers and ensure all food workers follow the food safety regulations.

The PIC must also show “demonstration of knowledge” of foodborne disease prevention, application of HACCP principles, and the requirements of the Washington Food State Retail Food Code during inspec-

tion. Demonstration of knowledge can be shown by:

Certification: Be a Food Protection Manager through an ANSI-accredited food safety training program

OR

Compliance: Have no red, high risk factor violations noted during the inspection

OR

Knowledge: Correctly responding to questions regarding food safety practices and principles

The PIC Training for Washington Food Workers assists with Compliance and Knowledge. PIC training does not replace certification as a Food Protection Manager and does not replace the Washington Food & Beverage Worker’s Permit. This is not a required training.

All workshops will be held at

WSU Thurston County Extension (Behind Fred Meyer in Lacey).

- April 3rd.....1pm-5pm
- April 17th....9am-1pm
- May 8th.....1pm-5pm
- May 22nd... 9am-1pm
- June 5th..... 1pm-5pm
- June 1st..... 9am-1pm

Registration Fee: \$25

To register or for more information, please contact the workshop instructor:

Zena Edwards, MS, RD

Food Safety & Nutrition Faculty

WSU Thurston County Extension

(360) 786-5445 ext 7916

zena_edwards@wsu.edu

“...at least one PIC must be present during all hours of operation for food establishments.”



2006 CFM Renewal Class Schedule

This year Thurston County Environmental Health is offering our Certified Food Manager (CFM) Renewal Class twice! Classes will be held:

Wednesday, April 12th—5 PM to 9 PM

and

Saturday, October 14th—10 AM to 2 PM

The classes are an opportunity for those Certified Food Managers out there with expired, or soon to be expiring, cards to renew them. This is also a chance for people who have current **ServSafe** Certificates to participate in Thurston County’s Certified Food Manager Program. Bring your **ServSafe** Certificate to class with you and you can get your CFM Card. The class will last four hours and

will cover emerging issues and regulation changes. We will also cover the process for participating in Thurston County’s Certified Manager Program. This will provide you with an opportunity to ask questions and brush up on your skills. The cost for the class is \$32.00 and upon completion of the class you will receive a 5 year State of Washington Food & Beverage Service Worker’s card,

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Don’t miss your opportunity to renew an expired CFM Card!

Red Demerit Violations for 2005

1,692 inspections of food establishments were conducted by Thurston County Food & Environmental Services during 2005. During those inspections, 539 red demerit violations were noted. We have compiled a list of the most common violations. These red demerit violations must be corrected during the time the inspection is being conducted. Please review these trends and share the information with your staff. Hopefully this will identify some commonly overlooked food safety issues before they become red demerit violations for your facility.

#1. 8D—Inadequate Hand-washing Facilities (19%)

Hand-washing sinks were not accessible, hot water was not available, or there was no soap or paper towel for proper hand-washing.

#2. 5B—Food Not Properly Refrigerated (18%)

Potentially hazardous foods were held above the minimum cold holding standard of 41°F (room temperature storage or excess advanced food preparation).

#3. 6A—Hot Foods Held Below 140°F (17%)

Foods that require hot holding were being held below the 140°F minimum standard.

#4. 5C—Not Enough Equipment to Properly Keep Foods Cold (14%)

Refrigeration equipment was not working properly or ice was not at sufficient levels to maintain food temperatures below 41°F.

#5. 3B—Failure to Minimize Hand Contact with Foods (8%)

Food service workers were not using tongs, spoons, spatulas, scoops, bakery tissue or disposable gloves to minimize hand contact with ready to eat foods.

#6. 4A—Improper Chemical Storage (6%)

Toxic chemicals were stored improperly so that foods could easily be contaminated.

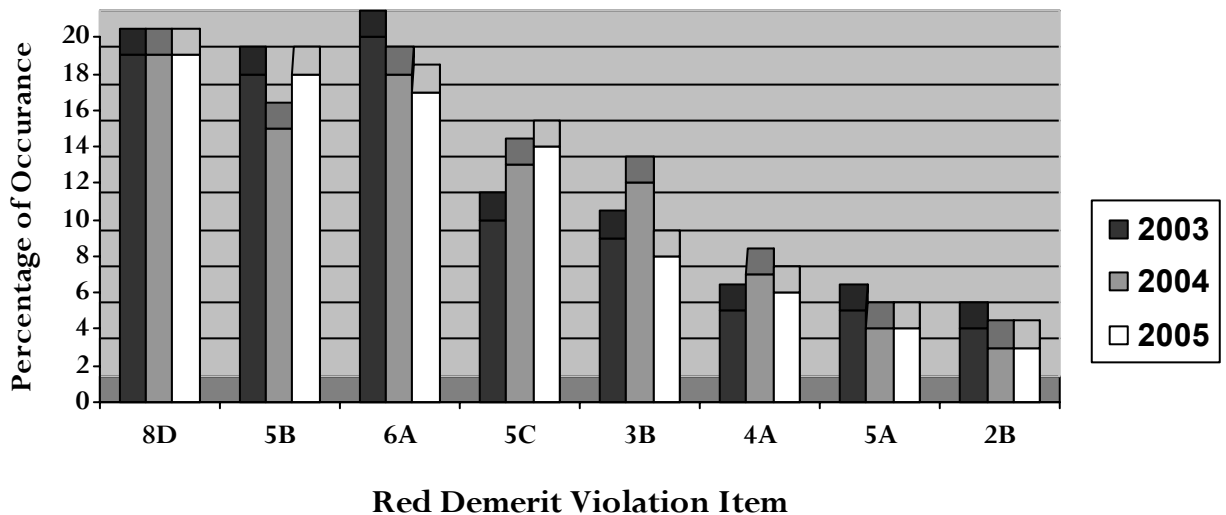
#7. 5A—Improper Cooling Procedures (4%)

Foods were not being cooled by reducing the food volume, leaving the product uncovered during cooling process or using an ice bath method with frequent stirring.

#8. 2B—Foods Protected from Cross Contamination (3%)

Raw meats, aquatic foods or poultry were improperly stored above ready-to-eat foods or pooled eggs were handled incorrectly.

COMPARISON OF RED DEMERIT VIOLATIONS FROM 2003 TO 2005



Thurston County Food &
Environmental Services Section
2000 Lakeridge Drive SW
Olympia, WA 98502

Phone: (360) 754-3355 extension 7392

Fax: (360) 754-4118

E-mail: nielsok@co.thurston.wa.us

[www.co.thurston.wa.us/
health/ehfood](http://www.co.thurston.wa.us/health/ehfood)

Escherichia coli O157:H7
(Continued)

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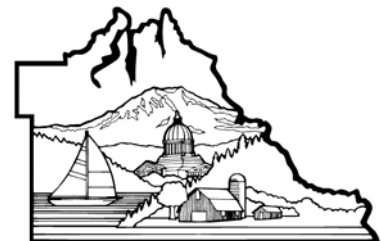
A Remember to cook all ground beef and hamburger thoroughly. Cook the meat to a minimum of 155 F. Drink only pasteurized milk, juice, or cider. Wash fruits and vegetables thoroughly, especially those that will not be cooked before eating. Drink water that is obtained from an approved safe source. Avoid swallowing lake or pool water when swimming. And finally, make sure that persons with diarrhea, especially children, wash their hands carefully after bowel movements.

**2006 CFM Renewal Class
Schedule *(Continued)***

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as well as a Thurston County CFM Card. Bring your expired CFM card or your **ServSafe** certificate, the \$32.00 fee and some form of identification with you to the class.

To **reserve your place** and/or ask questions, contact Krista Brock by email at brockk@co.thurston.wa.us or by phone at (360) 754-3355 extension 7386.



THURSTON COUNTY
WASHINGTON
SINCE 1852

MISSION STATEMENT

**The mission of the
Thurston County Public
Health Department is to
protect and promote the
health of the Thurston
County Community, now
and in the future.**