

Tips

The Food Safety Newsletter for Brown, Nicollet, Watonwan and Cottonwood Counties

In This Issue:

Page 1-2(continued
on page 7)

E.coli Happens!
What you need to know about
E.coli

Page 3-6

**Certified Food
Manager Renewal Class
And
6 Hour Certified Food
Manager Class and Exam
Registration Forms**

Page 7

Food Code
Revision

Brown-Nicollet Environmental Health

622 South Front Street St. Peter, MN 56082

Phone 507.934.7089 Fax 507.934.7170

Website: www.co.nicollet.mn.us

E. coli Happens!

Although most kinds of *E. coli* bacteria are harmless, others can make your customers or you sick, sometimes very sick. The following article from the Centers for Disease Control will help us learn more about *E. coli* infections and what we can do to help lower the chances of acquiring, spreading or causing an infection and illness.

What are *Escherichia coli*?

[*Escherichia coli*](#) (abbreviated as *E. coli*) are bacteria found in the environment, foods, and intestines of people and animals.

Most *E. coli* are harmless and are actually an important part of a healthy human intestinal tract. However, some *E. coli* can cause diarrhea, urinary tract infections, respiratory illness, bloodstream infections, and other illnesses. The types of *E. coli* that can cause illness can be transmitted through contaminated water or food, or through contact with animals or people.

What are Shiga toxin-producing *E. coli*?

Some kinds of *E. coli* bacteria cause disease when they make a toxin called Shiga toxin. The bacteria that make these toxins are called "Shiga toxin-producing *E. coli*," or STEC for short.

When you hear news reports about outbreaks of *E. coli* infections, they are usually talking about *E. coli* O157.

The most common type of STEC in the United States is *E. coli* O157:H7 (often shortened to *E. coli* O157 or even just O157).

Other STEC are called [non-O157](#). CDC estimates that each year STEC causes **265,000 illness, 3,600 hospitalizations and 30 deaths** in the United States.

Who gets STEC infections?

People of any age can become sick from STEC. Children younger than 5 years of age and older adults are more likely than others to develop serious illness and a life-threatening complication called [hemolytic uremic syndrome \(HUS\)](#). However, even healthy children and adults of any age can become seriously ill.

What are the symptoms of STEC infections?

The [symptoms of STEC infections](#) vary for each person but often include very bad stomach cramps, diarrhea (often bloody), and vomiting. If there is a fever, it is usually less than 101°F. Most people get better within 5–7 days. Some infections can be very mild, but others can be life-threatening.

Did You Know? [Newer and faster diagnostic technology called culture independent diagnostic tests \(CIDTs\) helps doctors diagnose non-O157 STEC infections.](#)



What are the complications of STEC infections?

Around 5–10% of people diagnosed with *E. coli* O157 infection develop a potentially life-threatening complication known as [hemolytic uremic syndrome \(HUS\)](#), a type of kidney failure. Signs that a person is developing HUS include:

- urinating less often
- feeling very tired
- losing pink color in cheeks and inside the lower eyelids

People with HUS should be hospitalized because their kidneys may stop working and they may develop other serious problems. Most people with HUS recover within a few weeks, but some suffer permanent health problems or die.

How can I prevent STEC infections?

Know your customers chances of getting foodborne illness. People with higher chances for foodborne illness are pregnant women, newborns, children, older adults, and those with weak immune systems, such as people with cancer, diabetes, or HIV/AIDS.

ALWAYS, ALWAYS practice proper personal hygiene, especially good [handwashing](#).

(Continue on page 7)

Certified Food Manager

4-Hour Renewal Class

Registration Form

When: Thursday, August 10, 2017

Where: Brown County License Bureau

1900 N. Franklin Street — Conference Room A

New Ulm, MN (see map on back)

Please do not park in parking lot; park on side streets. Thank you!

Time: 9:00 am until 1:00 pm

Fee: \$ 75.00

Please detach the bottom portion and return with your registration fee no later than: **Monday, August 7, 2017**

Save this top portion of the form as a reminder!

4-Hour Certified Food Manager Renewal Class—Thursday, August 10, 2017

Name _____

Establishment _____

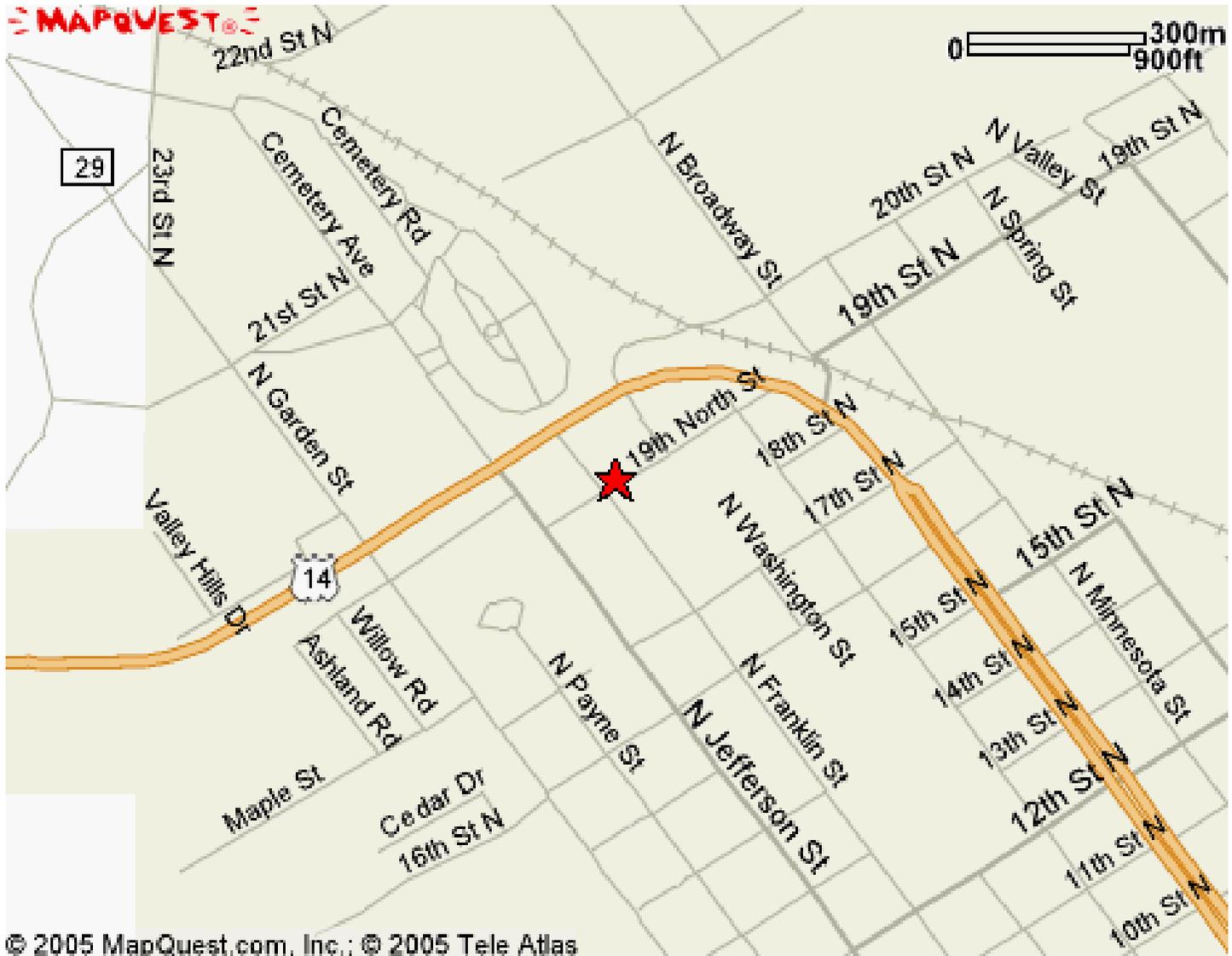
Phone _____

Amount Paid _____ (make checks payable to Brown-Nicollet CHS)

Return with fee to: Brown-Nicollet Environmental Health

622 S. Front St. - Saint Peter, MN 56082

Phone: 507-934-7089



Certified Food Manager 6-Hour Class and Exam

Registration Form

When: **Tuesday, August 8, 2017**

Where: **Brown County License Bureau**

1900 N. Franklin Street — Conference Room A

New Ulm, MN (see map on back)

Please do not park in parking lot; park on side streets. Thank you!

Time: 9:00 am until 3:00 pm

Registration Fees: Please circle one...

Within Brown, Nicollet, Cottonwood or Watonwan County \$ 170.00

If you print your own class manual prior to class from our
website \$ 140.00

Outside four county area \$ 195.00

Exam only (must have already attended a 6-hour class) \$ 75.00

NEW POLICIES: Payment must be received prior to the meeting, if you sign up for the class and do not show up, payment will not be returned.

******You must bring a picture ID with you to the meeting******

Please detach the bottom portion and return with your registration fee no later than:

Friday, July 21, 2017

Save this top portion of the form as a reminder!

6-Hour Certified Food Manager Class—Tuesday, August 8, 2017

Name _____

Establishment _____

Phone _____

Amount Paid _____ (make checks payable to Brown-Nicollet CHS)

Return with fee to: **Brown-Nicollet CHS**

622 S. Front St. Saint Peter, MN 56082

Wash your hands thoroughly after using the bathroom as **REQUIRED**.

Wash your hands thoroughly again, as **REQUIRED**, in a designated handwashing sink, when entering the food preparation area.

Follow the [four steps to food safety when preparing food](#): [clean](#), [separate](#), [cook](#), and [chill](#).

Cook meats thoroughly:

To kill harmful germs, cook beef steaks and roasts to an internal temperature of at least 145°F (62.6°C) and allow to rest for 3 minutes after you remove meat from the grill or stove.

Cook ground beef and pork to a minimum internal temperature of 155°F (70°C).

***Problem:** One in four burgers turns brown before it has reached the safe internal temperature of 155°F (according to USDA [Color of Cooked Ground Beef as It Relates to Doneness](#)).*

***Solution:** Use a food thermometer.*

Always use a food thermometer to check that the meat has reached a [safe internal temperature](#) because you can't tell whether meat is safely cooked by looking at its color.



Don't cause cross-contamination in food preparation areas. Thoroughly wash hands, and properly sanitize counters, cutting boards, and utensils after they touch raw meat.

Use food from approved sources only, [raw milk, unpasteurized dairy products, and unpasteurized juices](#) (such as fresh apple cider) are not allowed in a licensed establishment.

Food Code
Revision

As we have told you many, many times.....Minnesota is currently in the process of revising the Minnesota food code. We will continue to provide you with the latest rulemaking updates in future issues of TIPS, but right now this is where the revision to the Food Code stands.

MDH's legal counsel is continuing to review the draft Minnesota food code rule revision language and the Statement of Need and Reasonableness. Her review has been delayed by her need to attend and testify at 2017 legislative hearings on bills making significant changes to the rulemaking process. We do not have a date for the completion of her review, so we cannot estimate when the public hearing will be held. As soon as we know dates for the public hearings we will let you know. Thank you for your patience!

[Proposed Revisor draft language to the Minnesota Food Code, Chapter 4626](#) has been updated and is now available on the Minnesota Department of Health website at www.health.state.mn.us (type Food Code Revision in the search box).

Brown-Nicollet Environmental Health
622 South Front Street
St. Peter, MN 56082

**Certified Food Manager
Class and Exam
and
Certified Food Manager Renewal Class
Registration Forms**

Are included with this Newsletter and are also located on our webpage:

www.co.nicollet.mn.us

Click on Brown-Nicollet Environmental Health

URGENT INFORMATION