

Instruction in accordance with § 43 Para. 1 of the German Infection Protection Act (IfSG)

Who requires instruction?

Before starting work in the food industry, the following persons require instruction and certification by their Health Authority in accordance with § 43 Para 1 of the German Infection Protection Act.

1. those persons who **commercially produce, transform or market** the following foodstuffs:
 - meat, poultry meat, and products thereof,
 - milk and products on a milk basis,
 - fish, crustaceans or molluscs and products thereof,
 - egg products,
 - food for infants and young children,
 - ice cream and semi-finished ice cream products,
 - cakes and pastries with a filling or coating not baked or heated through,
 - delicatessen, raw food and potato salads, marinades, mayonnaises, other emulsified sauces, food yeasts,
 - shoots and seedlings to be eaten raw and seeds for the production of sprouts and seedlings to be eaten raw,

and in so doing come into **direct** contact with them (by hand) **or indirectly** (by means of utensils, e.g. tableware, cutlery and other work materials),

OR

2. persons who work in **kitchens** in the catering trade, in inns, restaurants, canteens, cafés, or other establishments with or for **communal catering**.

Why must special precautions be observed?

In the above mentioned foodstuffs, **pathogens** find it particularly easy to reproduce. By eating food contaminated with pathogens, people can become seriously ill as a result of infection or intoxication. In restaurants or facilities with or for communal catering, a large number of people may be affected.

For this reason, a high degree of personal responsibility and attention to the hygiene regulations must be demanded of every employee for their own protection and that of the consumer.

(The main regulations are summarised in the leaflet "Hygiene regulations in communal catering" by the Federal Institute for Risk Assessment:

[www.bfr.bund.de> Publications> Fact Sheets> Fact sheets for other occupational groups](http://www.bfr.bund.de/Publications/Fact_Sheets/Fact_sheets_for_other_occupational_groups)).

In what cases may the above activities not be carried out?

1. If you experience **signs of illness** (symptoms) that indicate one of the following diseases or which have been diagnosed in you by a doctor, according to the Infection Protection Act, **you may not work** in this area or **be employed in it**:
 - **Acute infectious gastroenteritis** (suddenly occurring, contagious diarrhea) caused by Salmonella, Shigella, *Campylobacter*, Rotaviruses, Noroviruses or other diarrheal pathogens,
 - **Cholera**,
 - **Typhoid or paratyphoid fever**,
 - **Hepatitis A or E** (liver inflammation),
 - **Infected wounds or skin diseases** where the possibility exists that the pathogen can be transmitted to other people via food.
2. If the examination of a **stool sample** from you has detected one of the following pathogens:
 - **Salmonella**,
 - **Shigella**,
 - **enterohaemorrhagic *Escherichia coli* bacteria (EHEC)**,
 - **Cholera bacteria**,there is a **prohibition on work or employment** in the food industry. The work or employment prohibition also applies if you carry these pathogens, without you yourself exhibiting symptoms (see below).

Note:

The Health Department may grant exemptions from the prohibitions under this regulation if measures are implemented by which a transfer of the diseases and pathogens listed can be prevented.

The following symptoms indicate the diseases:

- **diarrhoea** (at least 3 loose stools in 24 hours),
- **nausea, vomiting, or abdominal pain**,
- **fever** (body temperature $\geq 38.5^{\circ}\text{C}$),
- **yellowing of the skin and whites of the eyes**,
- **wounds or open sores of skin diseases** if they are **reddened, sebaceous, weeping or swollen**.

Who needs to be informed?

If you experience one or more of the above symptoms, be sure to seek the advice of your family or company doctor. Also tell him that you are working in an establishment that handles foodstuffs. In addition, you are also obliged to promptly inform your superior about the illness.

Notes on Appendix I and Appendix II

We would ask you to sign the following declaration that you have been advised verbally and in writing about the activities prohibited in accordance with the Infection Protection Act and have understood the instruction and that to your knowledge there are no circumstances to disqualify you from working (Appendix I).

After instruction in verbal and written form you will receive the certification for your employer or principal (Appendix II).

Special instructions for employers / principals

- Employers also have to submit the declaration laid down in Annex I, insofar as they belong to the group of people listed on page 1 of the leaflet.
- You may only engage in the activities described on page 1 of this leaflet if you have received certification in accordance with Annex II or are in possession of a Health Certificate in accordance with § 18 of the Federal Diseases Act.
- When you perform the activity for the first time, the certification from the Health Authority should not be more than three months old.
- You are obliged to instruct persons who perform the activities referred to on page 1 of the leaflet after taking up their duties, and furthermore every two years, on the provisions listed on page 2 of the Infection Protection Act and to document participation in the course of instruction.
- You are obliged to keep your own certificate and those of your employees, as well as the documentation referring to the last course of instruction, available in the workplace and to submit on demand any documents requested to the employees of the competent authority. For activities at changing locations, it is sufficient to produce a certified copy.
- If you yourself or any of your employees have one of the symptoms stated on page 2 of this leaflet, or if one of the diseases mentioned therein has been detected or a person has been diagnosed by a doctor as a carrier of one of the pathogens stated, then you must take hygiene measures which are suitable to prevent spreading of pathogens in the workplace. Details on this can be given by the competent authority for food control and by your Health Authority.
- This instruction does not replace the regular instruction in accordance with the Food Hygiene Regulation.

More information about diseases and hygiene measures can be found on the following websites:

Robert Koch Institute

www.rki.de > Infectious diseases A-Z

Federal Centre for Health Education [Bundeszentrale für gesundheitliche Aufklärung]

www.infektionsschutz.de

Federal Institute for Risk Assessment [Bundesinstitut für Risikobewertung]

www.bfr.bund.de > Publications > Fact Sheets > [Fact sheets for other occupational groups](#)