

# TELL US IF YOU ARE ILL

**Many foodborne illnesses are caused by employees who have continued to handle product after falling ill themselves.**



**If you know you are suffering from, are a carrier of, or have symptoms of a foodborne illness — especially vomiting or diarrhea — you must:**

- **report this to your supervisor;**
- **refrain from handling product;**
- **if performing alternative duties, take all practicable measures to prevent product from being contaminated.**