

# 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, 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 practical measures to prevent produce from being contaminated.**