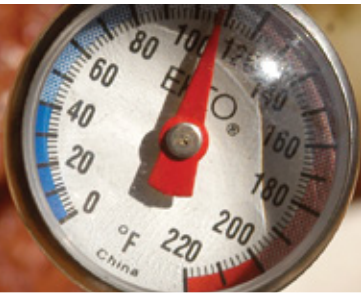


October 2020



# FOOD FOCUS

FOOD PROTECTION SERVICES

## Be a Food Safety Superhero

Every year, an estimated 1 in 6 Americans (or 48 million people) get sick, 128,000 are hospitalized, and 3,000 die from eating contaminated food.

[www.cdc.gov/foodsafety/education-month.html](http://www.cdc.gov/foodsafety/education-month.html)

### How to Reduce the Spread of Illness

2020 has been quite a year. Food workers have been on high alert since March about staying healthy. As the colder months approach, the likelihood of contracting colds and the flu increase. Here are some tips on how to stay healthy and stop the spread of illness.



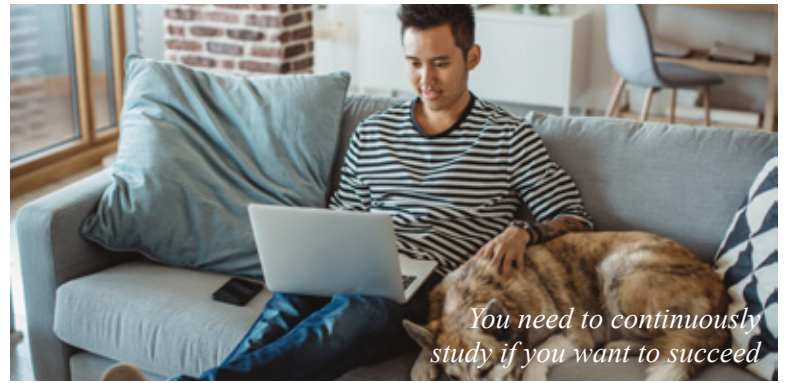
- Make sure to stay hydrated and eat a healthy diet.
- Get lots of rest.
  - A lowered immune system makes it easier for viruses and bacteria to make you sick.
- Do not touch your eyes, nose, or mouth with dirty hands.
  - Your eyes nose and mouth are lined with mucous membranes, and are entry points for pathogens.
- Your nose will run when it's cold outside. Only use a clean tissue to wipe/blow your nose.
- Wash your hands frequently and use hand sanitizers.
- Use hand lotion if your skin becomes dry.
  - Dry cracked hands are an easy entry point for viruses and bacteria.
- Wear a face mask.
  - This will help stop wet droplet dispersal; one of the ways that airborne pathogens are spread.
- Avoid large gatherings of people.
- Stay home if you're sick. Call your employer to let them know.

# Online Food Handler Permits

The Tulsa Health Department (THD) offers an online food handler training system. The online training is provided in eight different languages and can be accessed 24/7 by mobile devices, tablets, and computers. Once the training has been completed and the student has paid; the permit can be printed on a standard 8 ½ x 11 sheet of paper.

Computer kiosks are available at James O. Goodwin Health Center located at 5051 S 129th E. Ave. Students are able to pay with cash at this location.

There are many third-party food training sites that use the words “Tulsa” and “valid training” that may deceive you. The best way to access the Tulsa Health Department training is by going to our website and clicking the link. This is the only food handler training accepted by THD.



## State License Info

The Oklahoma State Department of Health has launched an online payment system for food licenses. You can conveniently pay for your licenses by going to the **Oklahoma State Department of Health website > Protective Health > Consumer Health Service > Online Payment Portal**

Or by following this link:

[https://appengine.egov.com/apps/ok/OSDH/Food\\_Lodging\\_PublicBathing\\_Renewal](https://appengine.egov.com/apps/ok/OSDH/Food_Lodging_PublicBathing_Renewal)

