



# ANR STAFF MEETING

THURSDAY, NOVEMBER 17, 2017

1:30 – 2:30 PM

VALLEY CONFERENCE ROOMS

 **University of California**  
Agriculture and Natural Resources



# AGENDA

Welcome and Updates

Chris Greer  
Wendy Powers

Staff Assembly Update

Matt Baur

#GivingTuesday

Maria Fernandez  
Pam Kan-Rice  
Tyler Ash

New Faces in New Places

Chris Greer

Open Discussion/Kudos

Chris Greer

Safety Training – *Disease Prevention*

Malendia Maccree

**HOLIDAY POTLUCK  
DECEMBER 19, 2016  
MONDAY 11:30 TO 1:30 PM**

**PRESENTED BY THE BOC, FPM AND HR**





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## ***Please share widely...***

SA wants to know what YOU think is important. Please take a few minutes to tell US by filling out our [survey](#).

Please rank your top three (or write-in your own) before **Friday, 2 December**

Career Development

Organizational Change

Performance Management

Supervision

Employee Engagement

Health and Wellness

Diversity and Inclusion

Communication

Additional input can be included in the survey and through the comments section on the website ([staffassembly.ucanr.edu](http://staffassembly.ucanr.edu))

***ANR Staff Assembly Council***



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#GIVINGTUESDAY™

11.29.2016



**University of California**  
Agriculture and Natural Resources



- Black Friday. Cyber Monday. #GivingTuesday!
- A 24 hour giving campaign marketed by email and social media
- Nonprofits, families, businesses and students around the world will come together for one common purpose: to celebrate generosity and to give.



**University of California**

Agriculture and Natural Resources | 4-H Youth Development Program

# Social Media Ambassador



- What is a Social Media Ambassador?
- Our greatest asset is the people behind our mission – staff and volunteers!
- The ripple effect of sharing on social media makes exposure and income possibilities are endless!



**University of California**

Agriculture and Natural Resources ■ 4-H Youth Development Program



# How To Take Part?

- Follow **UCANR, California 4-H** and/or **UC Master Gardeners** on social media
- Share the #GivingTuesday posts and add a personal statement or customize your own posts specific to your county
- Use #GivingTuesday, #UCANReach, #4HRecipe4Success with all posts
- Share an #Unselfie! – What is an #Unselfie?
- For more information visit:
  - <http://ucanr.edu/sites/givingtuesday/>
  - <http://4h.ucanr.edu/GivingTuesday/>
  - <http://mg.ucanr.edu/Support/GivingTuesday/>



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Agriculture and Natural Resources ■ 4-H Youth Development Program



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# Happy Healthy Holidays!

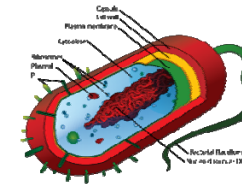
Nov 2016 – ANR All Staff Meeting

Malendia Maccree, RBP, CIH

UC ANR Environmental Health and Safety

\*Disclaimer: Nothing in this presentation should be taken as a substitute for medical advice. Please consult your health care provider for disease prevention recommendations.

# What is a microorganism?



- A living microscopic organism (virus, bacteria, fungi, parasite)
- May live inside of a host or live freely in the environment
- May cause disease, have no effect, or provide benefits for the host
- Preventive treatment may or may not be available
- Some microbes can resist desiccation/destruction or produce potent chemical toxins

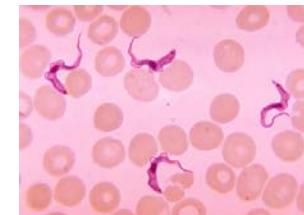
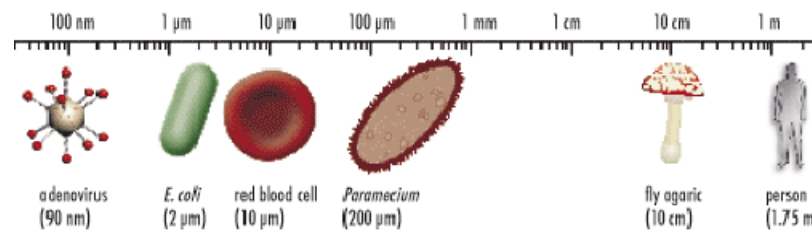


Photo credits: Microbiology online, Wikipedia, <http://www.clker.com>

# Are you a good host?



- In the human body, microbial cells outnumber human cells 10 to 1
- Most microbes are not harmful, some are beneficial
- Previously exposed hosts may have protection (vaccination, past history of exposure and disease)
- Immune-compromised hosts may be more susceptible (elderly, very young, medical conditions)
- Zoonotic diseases (from animal to human)
- Opportunistic infections



Photo credits: R. Keiffer, umb.edu

# How do we protect ourselves?

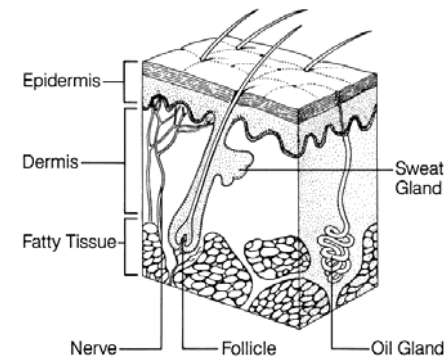
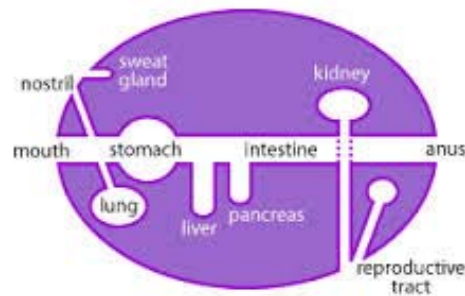


Photo credits: B. Oatman, shutterstock,

# Your Skin



- Healthy skin provides an excellent barrier for microorganisms
- Overly dry or constantly wet skin is susceptible to infection
- Wound care is important
  - Cover wounds to prevent casual contact with others
  - See your doctor if wounds do not heal as expected or become red, swollen, or hot to the touch
- Handwashing and winter weather can cause dry cracked skin



# Your Face



- Most infectious agents gain access to your body via your face
  - Eyes and nose (mucous membranes)
  - Mouth (inhalation and ingestion)
- Try to avoid touching your face when you may be exposed to infectious agents
- Pay attention to what your kids put in their mouth
- Maintain social distance (approx. 3ft) from others if you are sick

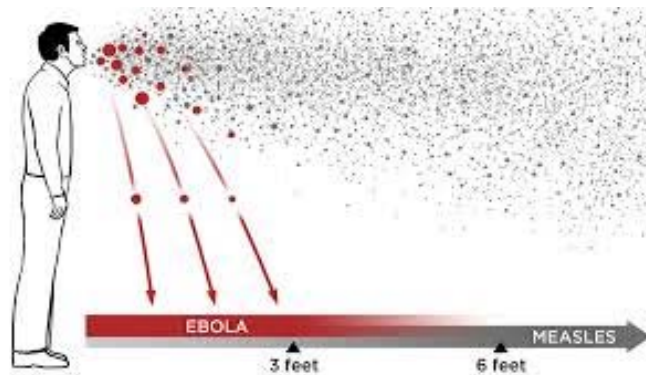


Photo credits: npr.org, allaboutvision.com



# Your Hands

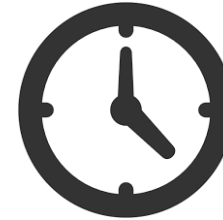


- Handwashing – an effective and safe disease prevention tool!
  - Wash at least 20 seconds with soap
  - Remember to wash fingertips, thumbs, between fingers
  - Rinse with clean water, dry hands thoroughly
  - Avoid touching contaminated surfaces after handwashing (use towel for door or facet handle)
- If soap AND clean water are not available, use hand sanitizer gel that contains at least 60% alcohol
- Periodically sanitize items that you touch a lot (keyboards, doorknob, phones, kids toys) – check for EPA reg numbers

Photo credits: Tasha Sturm, [thegminigeek.com](http://thegminigeek.com), [yourhealth.asiaone.com](http://yourhealth.asiaone.com)



# Do you have twenty seconds to spare for good health?



5 A B C D E F G H I J K L M N O P

9 Q R S and T U V Dou-ble U X Y and Z

Now I know my A B Cs, won't you sing a - long with me?  
next time won't you sing with me?

## When should you wash your hands?

- Before, during, and after preparing food
- Before and after caring for a sick person or caring for skin wounds
- Before eating, using cosmetics, handling contact lenses
- After using the bathroom or helping someone else use the bathroom
- After handling animals or their bedding, food, and waste
- After sneezing, coughing, vomiting, or handling trash/compost

# Disease Prevention Tips



- Sanitation – Hand washing and household hygiene
- Vaccination – Important for personal and public health
- Travel quarantines – Know disease risks in other countries if you travel or host international guests
- Eat, sleep, rest – Lifestyle choices affect your immune system and ability to recover from illness
- Medical care – Report any suspected foodborne illness to your doctor and ask your doctor about vaccinations and symptom management
- Self-quarantine – Keep your bodily fluids to yourself, treat and cover open wounds



Photo credits: Shutterstock, allfreedownload.com

# Resources and References



UC-ANR Safety Notes:

([http://safety.ucanr.edu/Safety\\_Notes/Safety\\_Notes\\_by\\_Number/](http://safety.ucanr.edu/Safety_Notes/Safety_Notes_by_Number/))

- Fieldwork Safety Series (#79, #82, #85, #86)
- #151 Preventing Spread of Disease – Urban Focus



4H Clover Safe Notes: [http://safety.ucanr.edu/4-H\\_Resources/Clover\\_Safe\\_Notes\\_by\\_Project\\_Area/](http://safety.ucanr.edu/4-H_Resources/Clover_Safe_Notes_by_Project_Area/)

- Food preparation, animal care, and disease prevention



UC IPM Pest Notes: <http://www.ipm.ucdavis.edu/PMG/PESTNOTES/>

- Pest management guidelines for invertebrates (mosquito, tick, flea)


# Resources and References

University of California  
Agriculture and Natural Resources  
Risk & Safety Services

Safety Notes

Safety Note #181

## Guidance for Food Preparation and Managing Employee Illness



Many ANR employees, such as Nutrition Educators or other staff, may prepare or handle food as part of their job duties, in educational programs, demonstrations, or other activities. These employees may not be considered "Foodservice Workers" under the definitions of the California Retail Food Code, however, they are required to follow good food safety practices and the risk of spreading disease from ill workers must be managed. This Safety Note is based on guidance from the California Department of Public Health for retail food facilities, and should be followed for ANR activities where food is prepared or handled.

Supervisors should discuss the following symptoms and restrictions with employees who prepare or handle food as part of their job duties. Employees who have food handling duties must report these symptoms or illnesses to their supervisor and supervisors must take steps to ensure that food safety practices are maintained.

If an employee has:	Action:	Return to work:
Flu-like symptoms (cough, sore throat, fever, or runny nose), or has been diagnosed with any type of influenza, and the symptoms cannot be controlled by medication.	The employee is restricted from work with exposed food, clean equipment, linens, or utensils	When employee has been asymptomatic for at least 24 hours
Vomiting, diarrhea or other gastrointestinal illness symptoms		
Been diagnosed with one of the following illnesses: E.coli O157:H7 (or shiga-toxin producing E.coli), Salmonella typhi, Salmonella spp., Shigella spp., Hepatitis A virus, Norovirus, Entamoeba histolytica, Or any other illness that may be transmittable through food.		When medically cleared by physician
Open, infected wounds or sores on the hands or arms that are not covered by a dry, durable, tight-fitting bandage		When wounds/sores are covered or healed

If an employee is restricted from handling food due to illness, they may use sick leave, or if the symptoms do not pose a threat of spreading illness to other workers, the employee may be re-assigned to work that does not require handling of food. When an employee is restricted from food handling duties due to illness, they should not return to food handling duties until they have been asymptomatic for at least 24 hours, or cleared by a physician, depending on the illness.

For more information, see the California Department of Public Health (CDPH) fact sheet, "Illness Reporting Requirements for Foodservice Workers and Persons-in-Charge" for more information. <https://www.cdph.ca.gov/pub/forms/Documents/fdbRFgde08.pdf>

A comprehensive ANR Food Safety Guide, For Recipe Demonstrations and Food Tastings is available to Advisors, Supervisors, and Educators that work in the Nutrition Education programs.

October 2016 Additional safety information may be accessed at: <http://safety.ucanr.edu/>

## NEW! Safety Note # 181 Guidance for Food Preparation and Managing Employee Illness

# Resources and References



Cal Dept. of Public Health – Center for Infectious Disease (CID):

<https://www.cdph.ca.gov/programs/cid/Pages/default.aspx>

- Disease information, local disease outbreaks and incidents

Centers for Disease Control and Prevention (CDC)- Disease Information: <http://www.cdc.gov/diseasesconditions/>



- Disease information, traveler's health, emergency preparedness, and healthy lifestyle choices

Health Agency of Canada Pathogen Safety Data Sheets:

<http://www.phac-aspc.gc.ca/lab-bio/res/psds-ftss/index-eng.php>



- Technical (Lab) information for pathogenic microorganisms

# Educational Videos and Toys



Handwashing Gangnam Style

Handwashing - Sklar Brothers

You're Doing It Wrong (YDIW): <https://youtu.be/5bcdM6lTveY>

Handwashing Gangnam Style: <https://youtu.be/TGddyTW5eMc>

Mythbusters – The Safe Sneeze Test: <https://youtu.be/3vw0hls2LEg>

Why Don't We Do It in Our Sleeves: <https://youtu.be/CtnEwwUWDo0>

Giant Microbes: <http://www.giantmicrobes.com/>

