15A NCAC 18A .1600 Rules Overview

Residential Care Facilities
Water Supply

- An approved water supply is required.
- A municipal water supply is an approved source.
- Water supply wells that meet the requirements of 15A NCAC 18A .1700 are an approved source.
- Water supply wells shall be sampled yearly for nitrates and coliform bacteria.
- Water supply wells closer than 25 feet to a foundation shall be sampled for pesticides upon licensure approval and again following any treatment for structural pests.
Sewage and Liquid Waste

- All sewage and liquid waste shall be disposed of in a public sewer or in an approved, properly operating septic system.
Food Supplies & Protection

• Food including milk shall be clean, wholesome, free from spoilage, adulteration, misbranding and safe to consume.

• Non-acid or low acid home canned foods shall be boiled for 10 minutes to destroy any toxin produced by bacteria.

• Food while being stored, prepared and served shall be protected against contamination. (Opened dry goods should be stored inside sealable bags or containers)

• Containers of food shall be stored above the floor, on clean shelves/surfaces and in a manner to protect against splash/contamination.

• Wash fruits and vegetables before use.
• Keep cold food cold at <45°F and hot food hot at >140°F. Frozen food shall stay frozen until thawed.
• Thaw food under refrigeration or may quick thaw as part of the cooking process.
• Maintain a properly working air indicating thermometer inside refrigerators.
• Ground beef and food containing ground beef shall be cooked to an internal temperature of 155°F.
• Reheated food shall be reheated to 165°F or higher.
• Food that is cooked/reheated from intact packages processed at a regulated manufacturing plant may be initially reheated to 140°F.
• Stuffed meats, poultry and pork shall be thoroughly cooked. (Cook stuffed meats & poultry to 165°F and pork to 150°F)
• Salads shall be prepared preferably with chilled products and minimum manual contact and on clean surfaces/utensils.
• Food portions served to an individual shall not be reserved.
Food Service Utensils & Equipment

- Equipment and utensils shall be constructed to be easily cleaned and kept in good repair.
- Surfaces in which food and drink is prepared shall be non-toxic, corrosion resistant, nonabsorbent & free from open services.
- Multi-use eating and drinking utensils, pots & pans and other utensils shall be cleaned after each use.
- No polish or other poisonous material shall be used to cleaning and polishing of eating or cooking utensils.
- Disposable (single-use) utensils shall be purchased in sanitary containers.
- Disposable (single-use) items shall be used only once.
- Clean multi-use and disposable utensils shall be stored in a clean place (clean cabinets) and covered, inverted or in such a manner to prevent contamination.
- A 2-section residential sink may be used to clean utensils.
- Cloths used in the kitchen shall be clean.
Live Pets

- Pets should **not** be allowed in any room or area in which food is prepared and stored.
- Pets, unless caged and restricted from the eating area shall **not** be allowed in any room or area in which food is served.
Food Service Persons

- Food service persons shall wear clean outer garments.
- Shall properly wash hands before work, upon visiting the toilet room and as often as necessary to remove soil and contamination.
- The kitchen sink should **not** be used to wash hands after a visit to the toilet room.
- No tobacco use while preparing and serving food.
Drinking Water Facilities: Ice Handling

- Common drinking cups are **not** allowed.
- Ice should be handled, transported, stored and dispensed in a manner to protect against contamination.
Hot and Cold Water

- Adequate hot water facilities shall be provided.
- Hot and Cold water under pressure shall be provided for food prep areas and other areas in which water is required for cleaning.
- (Recommend hot water 100-116F to prevent scalding hazard)
Toilet: Handwashing: Laundry & Bathing Facilities

- RCF shall provide approved toilet, handwashing and bathing facilities.
- Lavatories and baths shall be supplied with hot and cold water through mixing faucets.
- Each resident shall be provided with soap and individual towels.
- Laundry facilities shall be kept clean and in good repair.
Bed:Linen:Furniture

- Furniture, mattresses, curtains, draperies and other furnishings shall be kept clean and in good repair.
- Clean bed linen in good repair shall be provided for each resident (2 sheets) and shall be changed when soiled.
- Clean linen shall be stored and handled in a sanitary manner and separate from soiled linen.
Storage: Miscellaneous

• Storage spaces used to store clothing, personal effects, luggage, equipment and supplies and items not in routine use shall be kept clean.

• Pesticides, herbicides and other substances that may be hazardous if ingested, inhaled or handled shall be stored in a closet, cabinet or box not accessible to young children.

• Household cleaning agents such as bleaches, detergents and polishes shall be stored out of reach of young children (at least 5 feet high).

• Medications shall be stored in a separate, closet or box not accessible to young children unless otherwise required by the licensing agency.
Floors: Walls and Ceilings

• All floors shall be easily cleanable, kept clean and in good repair.
• Walls and ceilings of all rooms shall be kept clean and in good repair.
Lighting and Ventilation

- All rooms shall be lighted by natural or artificial means.
- Ventilation equipment shall be kept clean and in good repair. (recommend cleaning vent covers and switching out filters every 30 days)
Vermin Control: Premises

• Effective measures shall be taken to control and keep insects, rodents and other vermin out of the RCF and off the premises.

• Pesticides used shall be approved for their specific use and registered with the EPA and NCDA and used as directed on the label.

• Pesticides shall be handled and stored to avoid health hazards.

• Contact a PCO if you have an infestation such as bed bugs or rodents.

• Clean up mice droppings after treatment.
Solid Wastes

- Solid waste shall be kept in durable, rust-resistant, non absorbent, watertight, rodent-proof waste containers and kept covered.
- Waste containers shall be kept clean.
- Solid waste shall be disposed of with sufficient frequency and in a manner to prevent insect breeding and public health nuisances.
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