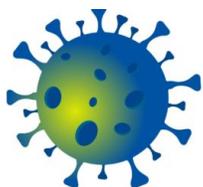


CORONAVIRUS AND FOOD SAFETY



Transmission of COVID-19 to persons from contaminated surfaces has not been documented, including from food products or packaging. However, always **wash your hands** with warm water and soap for at least 20 seconds when you return home, after you put away your groceries, and before preparing or eating food. If you wish, you can wipe down product packaging and allow it to air dry, as an extra precaution.



Before eating, rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Scrub firm produce with a clean produce brush. For canned goods, remember to clean lids before opening.



When unpacking groceries, refrigerate or freeze meat, poultry, eggs, seafood, and other perishables—like berries, lettuce, herbs, and mushrooms—within 2 hours of purchasing.

Evidence shows that the coronavirus may remain viable for hours to days on surfaces. Therefore, regularly clean with water and detergent or soap, and sanitize kitchen counters using a commercially available disinfectant product, or a DIY sanitizing solution with 5 tablespoons (1/3 cup) unscented liquid chlorine bleach added to 1 gallon of water, or 4 teaspoons of bleach per quart of water.*



WARNING: Do not use this solution or other disinfecting products on food.

Source: [fda.gov/food/food-safety-during-emergencies/shopping-food-during-covid-19-pandemic-information-consumers](https://www.fda.gov/food/food-safety-during-emergencies/shopping-food-during-covid-19-pandemic-information-consumers)

- ❖ **DO NOT stop eating fresh fruits and vegetables.** They provide considerable nutritional benefits that help maintain personal health and hence the ability to fight off infections.
- ❖ **DO NOT wash your fruit and vegetables in soap, sanitizer, disinfectant, acid, or any other chemical.**
- ❖ **DO NOT mix different sanitizers, disinfectants, acids, or other chemicals,** as their inappropriate use can create other health hazards.
- ❖ **DO NOT wash produce in sinks that may have been exposed to raw products** (e.g. raw eggs, raw meat), as this can lead to cross-contamination with microbes that can cause foodborne illness such as Salmonella.



Source: ucanr.edu/sites/letseathealthy/Newsletters/Food_Safety_Update84971.pdf

* **Cleaning** with soap and water removes germs, dirt, and impurities from surfaces. It lowers the risk of spreading infection. **Disinfecting** kills germs on surfaces. By killing germs on a surface **after** cleaning, it can further lower the risk of spreading infection.

Source: [cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html)