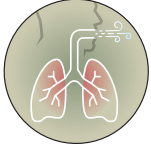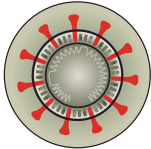# FOOD SAFETY AND COVID-19

Information for You and Your Family

What is COVID-19?

- COVID-19 is a coronavirus that can cause serious damage to your lungs.

- The envelope (outer layer) of the virus contains components that can be damaged by soap. Without this envelope the virus is unable to infect your cells.

How does it cause illness?

You can become ill from:

- respiratory droplets from coughs or sneezes

- close personal contact with an infected person

- touching something with the virus on it, then touching your eyes, nose or mouth

- symptoms include cough, fever, shortness of breath, runny nose, or sore throat

Food does not transmit COVID-19 illness

- The Canadian Food Inspection Agency has said that to date, there have been no reports of domesticated livestock being infected or sick with COVID-19 related illness anywhere.

- The virus infects people through the human respiratory tract and is not known to cause illness through the stomach or our intestines when we eat food.

There is currently no evidence that food is a likely source or route of transmission of COVID-19.

- Canadian Food Inspection Agency

Actions to protect you and your family

### Frequently Touched Surfaces

- While the risk from surfaces is thought to be low, active virus is more likely to be found on hard surfaces such as those made from plastic or steel.

- If a surface is visibly dirty, clean it with soap and water first and then disinfect.

- To disinfect you can use a diluted bleach solution (1 part bleach to 9 parts water) or a commercial product.

- Use gloves to protect hands, follow manufacturer's instructions and wash hands immediately after cleaning.

Prevent the Spread of Germs

- When coughing or sneezing, cover your mouth and nose with your arm or tissues to reduce the spread of germs.
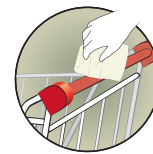
Grocery Shopping Tips

- Shop at times when there are fewer shoppers or have your groceries delivered.

- Keep a 2 metre distance from other shoppers.

- Disinfect the handle of grocery carts and baskets.

- Wash or sanitize hands before entering and after leaving the store.

- Do not shop if you have COVID-19 symptoms.

2020/03/29

Wash your hands often
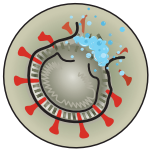
- Wash your hands with soap and warm water. The bubbles and foam from soap lather damage the virus and also help remove it from your hands.
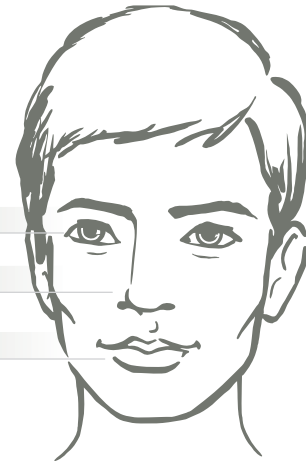
- Scrub for at least 20 seconds with warm water (not scalding hot), about the time it takes to sing "Happy Birthday" twice.

- Frequently clean cloth towels used for drying or use disposable paper towels.

- If soap and water are not available, hands can be cleaned with an alcohol-based hand sanitizer (ABHS) that contains at least 60% alcohol. For visibly soiled hands, soiling should be removed with an alcohol-based hand wipe first, followed by use of ABHS.

- Avoid touching your face, especially with unwashed hands. The virus may be able to enter the body through your eyes, nose and mouth.

Eye

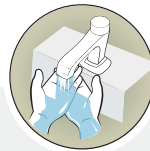Nose

Mouth

WASH YOUR HANDS

1 — Wet hands with warm water

2 — Apply soap

3 — For at least 20 seconds, make sure to wash:

4 — Rinse well

5 — Dry hands well with paper towel

6 — Turn off tap using paper towel

palm and back of each hand

between fingers

under nails

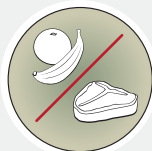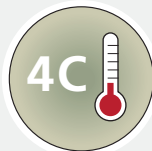thumbs

Don't forget the food safety basics

Clean
Keep kitchen surfaces clean and wash produce.

Separate
Prevent cross-contamination.

4C **Chill**
Keep perishable foods cold.

Cook
Cook fully.

It is now more important than ever that we all follow the food safety basics. Avoiding foodborne illness will keep your body healthy and prevent you from needing to visit the doctor or the hospital during the COVID-19 pandemic.

FOR MORE INFORMATION FROM THE GOVERNMENT OF CANADA:

☎ **1-833-784-4397**   🖱 **canada.ca/coronavirus**