



# COVID-19: GENERAL GUIDELINES

## BASIC FOOD SAFETY

Neither food or food packaging are considered significant ways of spreading the virus causing COVID-19. However, it is always important to follow good hygiene practices when handling or preparing food for yourself and others.

### Personal Hygiene

Make sure to wash hands thoroughly and often while preparing food. Cover any cuts and sores with waterproof bandages. Don't prepare or handle food for others if you have had diarrhea or vomited in the last 48 hours.



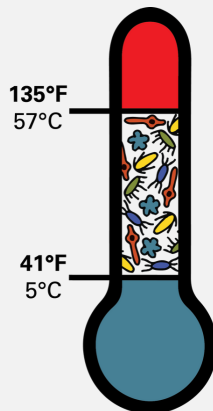
### Cross-Contamination

Cross-contamination is the transfer of a harmful substance from one food item to another, usually from raw to a cooked or ready-to-eat food.

**Prevention:** Wash hands and surfaces after contact with raw foods. Use separate utensils and cutting boards for raw and ready-to-eat or cooked foods.

### Temperature Danger Zone

Harmful bacteria grow fastest between 41°F and 135°F. Minimizing time in this range, called the temperature danger zone, reduces growth of these harmful bacteria. Foods that can support the growth of harmful bacteria should not be left in this temperature range for more than 4 hours.



### Cooking Food Safely

For food safety, cook foods to the final internal temperatures listed below and check with a digital thermometer in the thickest spot.

Ready-to-eat foods, produce and already cooked foods

145°F

Fish and eggs

145°F

Whole cuts of beef, pork and lamb

155°F

Ground meats

165°F

All poultry and stuffed foods



### Sharing Food with Others

There is no indication that food or food packaging material has served in significant connection to virus transmission. Handling of shared food packaging should be followed with handwashing and/or using hand sanitizer. Refrigerate perishable food as soon as possible. It is **NOT** recommended to store prepared food outside of the home, in cars or garages. Leftovers stored at 41°F or below should be eaten within 7 days.

