HOLIDAY GATHERINGS

There are no documented cases of COVID-19 being contracted from food consumption, but cases have been identified wherein food was served or sold resulting in person-to-person transmission, especially without face coverings. The highest risk of transmission of COVID-19 is being around others without exercising minimum recommended physical distancing or wearing of a face covering, so alternate methods of sharing food like contactless food delivery can reduce your risk of getting or transmitting COVID-19. If hosting a gathering, try to maintain physical distance, wear a face covering that fits securely over the nose and mouth and wash hands and/or use hand sanitizer frequently.

CONSIDER STAYING AT HOME AND ATTENDING VIRTUAL HOLIDAY GATHERINGS WITH LOVED ONES

PREVENTATIVE MEASURES AT IN-PERSON GATHERINGS

- People who have been exposed to COVID-19 or are sick with suspected or confirmed COVID-19 should not attend in-person gatherings
- Those at higher risk of severe illness should consider attending virtually
- Host outdoor activities instead of indoor activities if possible
- Limit the number of attendees as much as possible to reduce risk of exposure
- Keep tables and seating between different households at least 6 feet apart
- Bring a face covering and wear whenever being physically distant from others is not possible
- Wash your hands and/or use hand sanitizer frequently

- Limit contact with high touch surfaces or shared items
- Follow any safety guidelines set in place ahead of the event to prevent spreading the virus in the community

DELIVERING FOOD

1. Prepare food using food safety best practices
2. Mark time when food was prepared
3. Use insulated packaging, ice and freezer packs while food is in transit
4. Coordinate food delivery for when someone is home and maintain physical distance

RECEIVING FOOD

1. Stay at least 6 feet away from individuals delivering food
2. Refrigerate food as soon as possible. Do not leave outside of home
3. Wash your hands and/or use hand sanitizer after handling food packaging
4. Store leftovers properly at 41°F or below and eat or freeze within 7 days

For more information:
https://foodcovnet.ces.ncsu.edu/foodcovnet-resources/
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