Food Safety and COVID-19

Can I become sick with coronavirus (COVID-19) from food?
Currently there is no evidence of food or food packaging being associated with transmission of COVID-19. 
- Like other viruses, it is possible that the COVID-19 virus can survive on surfaces or objects. 
- For that reason, it is critical to follow the 4 key steps of food safety — clean, separate, cook, and chill.

What are the 4 key steps of food safety?
1. **Clean:** Wash your hands and surfaces often. Wash hands with soap and water before, during, and after preparing food, and before eating.
2. **Separate:** Don’t cross-contaminate. Raw meat, poultry, seafood, and eggs can spread germs to ready-to-eat foods—unless you keep them separate.
3. **Cook:** To the right temperature. Use a food thermometer to ensure foods are cooked to a safe internal temperature. Check this chart for a detailed list of foods and temperatures.
4. **Chill:** Refrigerate promptly. Keep your refrigerator at 40°F or below and Know when to throw food out.

If an employee at a food establishment became infected with Coronavirus, would the food produced at that facility be safe to eat?

- Food establishment personnel who are ill with COVID-19 or any other illness should be excluded from work activities that could create unsanitary conditions (i.e. coughing or sneezing on product).
- COVID-19 is thought to spread mainly from person to person through respiratory droplets that can land in the mouths or noses of people who are nearby.

Is food imported from countries and states affected by COVID-19 at risk of spreading COVID-19?
Currently, there is no evidence to support transmission of COVID-19 associated with imported goods and there are no reported cases of COVID-19 in the United States associated with imported goods.

For more information visit: https://www.usda.gov/coronavirus
https://foodsafety.ces.ncsu.edu
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