

A chef in a kitchen wearing a white mask and apron, preparing food. The chef is using a knife to cut a piece of orange on a cutting board. In the background, there are kitchen shelves and a control panel with buttons and lights.

Food Safety and COVID-19

efoodHANDLERS®

Disclaimer: Consider all information provided here as an aid. In no way should this be viewed as a substitute for information provided by front-line authorities such as physicians, local, state and federal health officials or the CDC.

We live in a time when front line food service workers are both trying to serve the public and protect themselves from disease. Scientists and healthcare professionals understand that our behavior can dramatically influence our overall safety. For food workers, this means they must use basic safety precautions now more than ever. Delivery drivers and order takers must know how to stay safe while interacting with the public. Every food manager and worker has an important role to play.

eFoodhandlers mission is to use education to promote health and safety.

Table of contents:

2 Safety Starts with Good Personal Hygiene

3 Self Health Assessment

4 Assessing Health of Employees

5 Personal Protective Equipment

6 Methods for Minimizing Contact

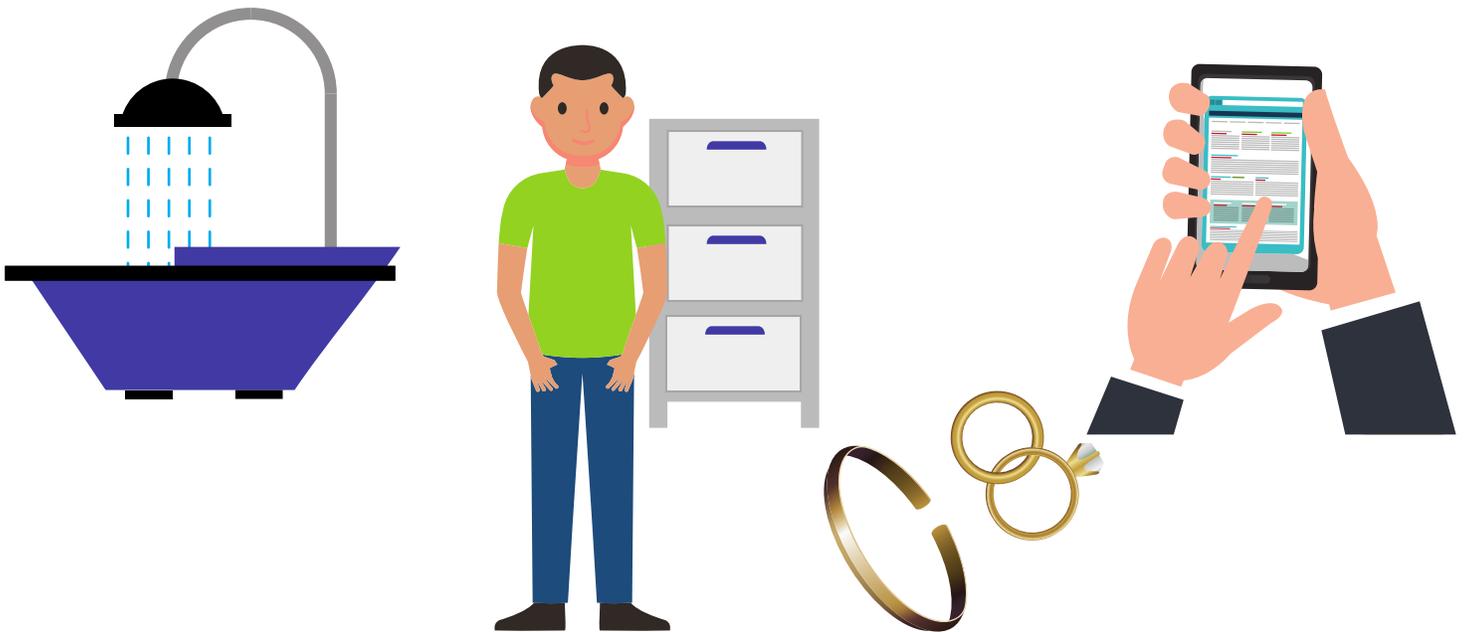
7 Proper Handwashing Steps

8 Cleaning and Sanitizing Steps

Disclaimer: Consider all information provided here as an aid. In no way should this be viewed as a substitute for information provided by front-line authorities such as physicians, local, state and federal health officials or the CDC.

Good Personal Hygiene

Food workers must understand that they play an important role in preventing the spread of viruses. This process must start before they get to work.



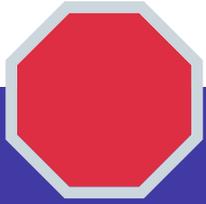
- **Shower or bathe and always wear freshly washed clothing**
 This ensures you arrive at work without bringing any germs with you that could make people sick.
- **Clean under nails and avoid artificial nails and polish.**
 Under the nails is an easy place for germs to hide. Pay particular attention to clean hands and nails.
- **Avoid wearing jewelry**
 Only plain metal bands are permitted. No other jewelry should be worn at work.
- **Sanitize your phone before, during, and after work**
 Keep your cell phones in your locker, bag or back pack and do not bring them into work areas unless given permission by your manager.

Questions to Ask Yourself Before Coming to Work

Do not go to work if you:

- Have flu-like symptoms such as sore throat with fever, diarrhea, vomiting, or jaundice
- Are experiencing any of the symptoms: Shortness or breath, difficulty breathing, fever, or cough
- Are caring for or have been exposed to someone who has tested positive with COVID-19. Symptoms can occur up to 14 days after exposure.

If any of these situations apply to you, tell your manager and stay home.



Food Managers: Make Sure Employees are Healthy

ARE YOU EXPERIENCING ANY OF THESE SYMPTOMS?

COVID-19 SYMPTOMS:

- A COUGH
- SHORTNESS OF BREATH
- FEVER (100.4 OR ABOVE)

SYMPTOMS OF OTHER
COMMUNICABLE DISEASE:

- SORE THROAT W/FEVER
- DIARRHEA
- VOMITING
- JAUNDICE

In the last 14 days have you been:

- Diagnosed with COVID-19? Or, quarantined by a medical professional?
- In direct contact with someone diagnosed with COVID-19? Or quarantined by a medical professional?
- Notified through community tracing programs that you may have been in contact with an infected person and should be tested?



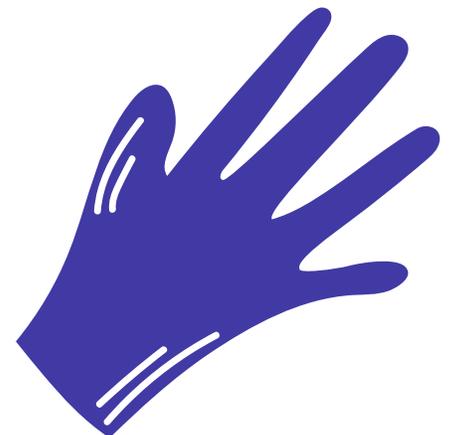
If employees answer "Yes" to any of these questions, they should be excluded from work.

Wear Personal Protective Equipment



PROTECT YOURSELF AND YOUR CUSTOMERS WITH PERSONAL PROTECTIVE EQUIPMENT (PPE) TO PREVENT THE SPREAD OF GERMS:

- FACE MASKS
- GLOVES
- DISPOSABLE GARMENTS: APRONS, HATS, BOOTIES



Minimize Contact with Customers



PROP OPEN DOORS TO AVOID HAND CONTACT

To minimize spreading germs on metal surfaces, prop open doors used by the public and employees during business hours.

CONTACT FREE ORDERING AND PAYMENTS

If possible, remove all in-house payment processing and ask customers to place their order and pay online.

If payment must be completed at the restaurant, use contact free services such as Apple pay or Google Pay.



CONTACT FREE PICKUP LINES AND ZONES

Encourage no contact order pickup by placing orders on tables organized by the last name of the customer.

Order pick-up lines must allow for social distancing-- a minimum of 6 feet apart.

Only provide single use condiments, napkins and silverware for your take-out services.



Properly Wash Hands Often

Keep handwashing stations clean and fully stocked at all times. Make sure there is access to soap, warm water, paper towels or other single use drying methods. Create a master cleaning and stocking schedule to ensure consistency.

1

Wet your hands with fresh, running water, preferably warm.



2

Scrub hands with soap



3

Keep scrubbing for 20 seconds minimum



4

Wash front and backs of hands, between fingers, fingertips, palms of hands, and your forearms.



5

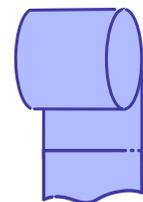
Rinse with warm running water for 5 seconds or until soap is gone.



6

Dry with a paper towel or other single use methods.

Dispose of paper towel in a garbage can. Notify a manager if hand soap or paper towels are in short supply and need to be restocked.



“Hand Sanitizers are NOT a substitute for Proper Handwashing.”

If water and soap are unavailable, use an alcohol based hand sanitizer with at least 60% alcohol. Rub hands together until they are completely dry.

Keep Contact Surfaces Clean and Sanitized

Identify surfaces that are frequently contacted (doorknobs, checkout counter, food preparation surfaces, phones, etc.). Clean and sanitize them often.

FOLLOW THESE STEPS TO CLEAN AND SANITIZE SURFACES:

1

Wash with soap and warm water

2

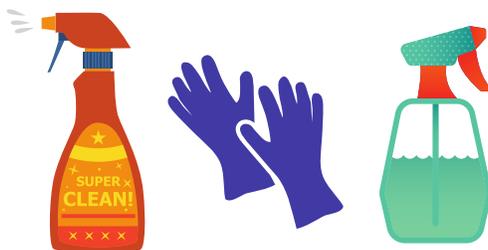
Rinse with clean water

3

Sanitize entire surface with an approved sanitizer (e.g. bleach or quaternary ammonium)

4

Allow surface to Air Dry



Sources

Serious Eats

<https://www.serious-eats.com/2020/03/food-safety-and-coronavirus-a-comprehensive-guide.html>

CDC

<https://www.cdc.gov/coronavirus/2019-ncov/index.html><https://www.uber.com/us/en/coronavirus/>

The Boston Herald

<https://www.bostonherald.com/2020/03/21/shoppers-and-delivery-drivers-on-the-front-lines-of-the-coronavirus-crisis-in-massachusetts/>

ABC 7 New York

<https://abc7ny.com/food/safety-tips-for-food-delivery-amid-coronavirus-pandemic/6031465/>

USA Today

<https://www.usatoday.com/story/money/food/2020/03/17/coronavirus-doordash-postmates-couriers-keep-regular-rates/5060297002/>

HR Executive

<https://hrexecutive.com/answering-your-legal-questions-about-coronavirus/>

Disclaimer: Consider all information provided here as an aid. In no way should this be viewed as a substitute for information provided by front-line authorities such as physicians, local, state and federal health officials or the CDC.