

Food safety at home during COVID-19 pandemic



April 2020

Environmental Health

Can the virus be spread through food?

No. There is no evidence that COVID-19 is transmitted from food or through food. However the virus can survive on some surfaces for several days, but is destroyed by detergents and sanitisers. Regularly sanitise contact surfaces, particularly drawer and fridge handles.

Washing fruit and vegetables

After washing your hands thoroughly, you should wash your fruit and vegetables thoroughly under clean running water, especially if you eat them raw.

Practice good hygiene

Don't sneeze or cough over food or utensils, equipment, benches, etc. Dispose of used tissues immediately and repeat hand washing.

Avoid potential cross-contamination between cooked and uncooked foods

Separate uncooked foods such as raw meat, chicken, seafood and eggs, from cooked food or ready-to-eat foods such as salads.

Don't use the same chopping board or knife without washing and sanitising between raw and uncooked foods.

Cover raw meat and chicken and store at the bottom of the fridge.

Cook meat thoroughly

Ensure your food is cooked thoroughly to the centre (when meat juices run clear or use a thermometer to check at least 75°C)

Chill

Ensure your cooked leftovers are stored safely in the fridge or freezer as soon as possible. Store leftovers in your fridge for a maximum of 3 days. And if reheating, ensure the centre is steaming hot before serving.

This is a guideline only. For more information, please contact Environmental Health at the Shire of Augusta Margaret River on 9780 5255

FOOD SAFETY AT HOME DURING COVID-19 PANDEMIC