

# FOOD SAFETY & COVID-19



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There is no evidence that COVID-19 disease transmits through food. The main risk due to human-to-human transmission during food handling, from close contact with infected food handlers. COVID-19 may get transmitted through surface of food packaging material containing droplets of corona infected food handlers. These can be avoided by maintaining good hygienic practices:

## WHEN PURCHASING FOOD



Carry sanitizer (70% alcohol based) when you go out to purchase food to clean your occasionally

While buying fruits and vegetables maintain distance from the others at market/ shop/ mobile vendor



Do not go shopping if you are unwell or sick

Always buy fresh fruit or vegetables that are not bruised or damaged



Carry your bag and touch only those foods you want to buy

Avoid touching surfaces, carts and shopping baskets at the vending sites



While buying meat, prefer freshly chopped, minced meat or chilled/ frozen meat

Keep the food items away from your body when carrying from the market. Put the purchased food items in your shopping bag



After reaching home from the market, wash your hands with soap and clean water (40-60 Sec)

Do not store or leave the food outside of your house/ in car / garage as it could lead to food safety issues like temperature abuse and pest exposure



Sanitize food packages (not directly on foods) applying alcohol-based solution and/or clean water. Open the packages, discard external packs into a dustbin. Wash hands with soap and water or sanitize

## WHEN HANDLING FOOD

Wash vegetables and fruits thoroughly under running water or put a drop of 50 ppm chlorine in lukewarm water, dip them and wash



Do not apply disinfectants/ spray/ sanitizer directly on fresh produce. Spraying chemicals on vegetables and fruits makes them all the more harmful

Do not use detergents, sprays and sanitizers to clean fruits, vegetables, meat or any other raw food



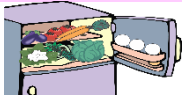
Store fruits and vegetables, which require perishable in refrigerator

Wash the milk packet thoroughly with water before use. After washing, wipe it dry, otherwise, external surface water could pour into pan.



Always clean meat at the end, after cleaning fruits and vegetables

Wash and clean the meat under running tap water



Avoid taking broken and damaged eggs. Store eggs in refrigerator.

## WHEN ORDERING FOOD FROM DELIVERY PLATFORMS

When ordering food from delivery platforms, use contactless delivery option, where food packets are left outside your door and customer is informed on call.



In case contact less delivery is not possible, make sure that there is 1 meter gap between you and the delivery person

When handling delivered food items, open the package and discard external packing into a dustbin



Wash hands with soap and water or sanitize hands with an alcohol-based sanitizer. Empty the food content with tongs, ladles or spoons into clean serving dish. Discard the food package holding food. Again, wash hands with soap and water or sanitize.

Consume hot foods hot and cold foods cold.



## WHEN PREPARING FOOD

Keep food preparation surfaces, equipment and utensils clean



Use separate chopping boards, knives, utensils and containers for vegetables/fruits and flesh foods/ raw and cooked food

Wash your hands for at least 40-60 Secs with soap and water while shifting from handling vegetarian to non-vegetarian food or raw to cooked food to avoid cross contamination



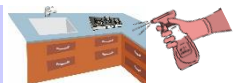
Cook food thoroughly

For later consumption of cooked foods such as gravies, curries and rice preparations, store them in safe temperatures (refrigerate at 4 degrees C)



These foods should be reheated thoroughly before consumption. No need to thaw them to room temperature before heating

Wash kitchen counters/ slabs and stove thoroughly with water and detergent everyday



Cut your nails regularly

Do not handle food when you are unwell



## Frequently Asked Questions (FAQs)

FAQs	RESPONSES
<b>Does COVID-19 infection spread through food?</b>	There is no evidence to date of viruses that cause respiratory illnesses being transmitted via food or food packaging. Corona virus need living host either animal or human for its multiplication
<b>Does eating meat cause COVID-19 infection?</b>	No. There is no scientific evidence to prove that COVID virus can spread through meat. However, meat should be cooked thoroughly and safe handling practices must be followed before its consumption.
<b>Does eating garlic, ginger prevent COVID-19 infection?</b>	There is no scientific evidence to prove that eating garlic, ginger prevent COVID-19 infection. However, they are known to have compounds that can improve immune function
<b>Does eating ice cream and frozen foods spread corona virus infection?</b>	There is no scientific evidence to prove that eating ice creams and frozen food spreads corona virus infection.
<b>Does COVID-19 spread from a food worker handling my food?</b>	A sick person should not cook or handle food. If the food handler is sick and you come in close contact with the person, you may be vulnerable
<b>Do probiotics help prevent COVID-19?</b>	Probiotics are live microorganisms, which help improve gut health and immune function. However, there is currently no evidence to support the use of probiotics to prevent or cure COVID-19
<b>Can adding pepper to your soup or meal prevent COVID-19?</b>	No. There is no evidence that adding hot peppers to your food can prevent or cure COVID-19
<b>Do herbal teas or herbal supplements prevent or cure COVID-19?</b>	There is currently no evidence to support this
<b>Can micronutrient (vitamin and mineral) supplement prevent or cure COVID-19?</b>	<p>There is not enough evidence to come up with any guidance on micronutrient supplementation for prevention of COVID-19 in healthy individuals or for treatment of COVID-19.</p> <p>Micronutrients, if consumed from food sources like fruits, vegetables, nuts and whole grains can play an important role in well-functioning immune system and play a vital role in promoting health</p>