



# Food Handlers and COVID-19

Food handlers should follow these practices during the COVID-19 pandemic.

## Stay home from work when sick.

Symptoms of COVID-19 include:

- fever
- cough
- shortness of breath or difficulty breathing
- chills
- repeated shaking with chills
- muscle pain
- new loss of taste or smell
- sore throat
- headache

Employees with a family member who has COVID-19 should notify their supervisor and follow CDC guidelines. Infected people with mild or even no symptoms can still spread the virus.

## Wash hands frequently and after touching potentially contaminated objects.

1. Wet hands with water.
2. Put on soap.
3. Lather and scrub hands and arms for 20 seconds. Be sure to scrub tops of hands and between fingers.
4. Rinse thoroughly under running water.
5. Dry hands using single-use paper towel or hand dryer.
6. If required for your job, put on gloves or use hand sanitizer.

## Follow safety recommendations and other good personal hygiene practices while at work.

- Maintain 6 feet between yourself, customers, and co-workers.
- Do not touch your face, eyes, nose, or mouth.
- Wear a face mask per work and government policies.
- Wear gloves when handling money.
- Clean and disinfect contacted surfaces between customers.

Employees should also follow precautions when not at work, including wearing a mask in public, maintaining social distancing, avoiding gatherings of people, and staying away from people who are ill.

## Clean and disinfect frequently touched surfaces often.

- doorknobs
- toilet room facilities
- tables and chairs
- pens
- point-of-service touch systems

Clean and sanitize food-contact surfaces regularly (cutting boards, tabletops, sheet trays, utensils).