



**55 AMDS/Public Health Flight**  
**Food Safety & Sanitation Department**  
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**Coronavirus & Food Safety Part I**

How does COVID-19 impact me when it comes to the consumption of food? According to the Food and Drug Administration (FDA), currently there is no evidence of food or food packaging being associated with transmission of COVID-19, also referred to as SARS CoV-2. COVID-19 is primarily a respiratory disease and does not pass through food.

Even though COVID-19 can't be transmitted via food products, there are several other diseases and viruses that can, such as Norovirus and Hepatitis A. Keep practicing safe food handling measures like avoiding cross contamination, cooking meats to the proper internal temperature (Fig 1), and maintain high levels of sanitation when handling and preparing food to keep you and your loved ones safe.

**The following are compliments of the FDA:**

- 1) **Rinse** fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Scrub firm produce with a clean produce brush. For canned goods, remember to clean lids before opening.
- 2) **Refrigerate** meats, poultry, eggs, seafood, dairy products, and other perishables such as produce within 2 hours of purchasing.
- 3) **Regularly sanitize** your countertop surfaces and sinks.
- 4) **Remember** to prevent cross contamination by using different cooking and prep equipment for different categories of foods.

**What does this mean for you as a shopper?**

❖ Prepare and protect yourself, workers, and other shoppers by adopting these practices.

- 1) **Mask up!** The risk is further minimized when we all wear our masks correctly.
- 2) **Maintain 6 ft. social distancing.** We within the Public Health Flight have been out and have inspected your on base facilities and made sure there are clear markings on the floors. Please pay attention to these markings.
- 3) **Prepare a list.** You and your family should have enough food for up to 2 weeks worth. Please only buy what you need so that others do not have to go without.



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- 4) **Wash your hands for at least 20 seconds.** Wash before and after using the restroom, leaving/returning home, and before any hand to face activities (such as eating/drinking/smoking). Soap and warm water are the ultimate germ busters!
- 5) **Sanitize before you touch.** Carry your own wipes or use any provided by the store to wipe down frequently touched surfaces. (Shopping cart/basket handles, door handles)
- 6) **Do not bring your own shopping bag** as many facilities are discouraging this practice. If you do plan on bringing your own shopping bags, recommend you contact your local grocery store on the current policy being enforced.

**See below for guidance to ensure you food if cooked to the proper internal temperature:**

<b>SAFE MINIMUM INTERNAL TEMPERATURES</b> <i>as measured with a food thermometer</i>	
<b>Food Type</b>	<b>Internal Temperature</b>
<b>Beef, Pork, Veal, and Lamb</b> (chops, roasts, steaks)	145°F with a 3-minute rest time
<b>Ground Meat</b>	160°F
<b>Ham, uncooked</b> (fresh or smoked)	145°F with a 3-minute rest time
<b>Ham, fully cooked</b> (to reheat)	140°F
<b>Poultry</b> (ground, parts, whole, and stuffing)	165°F
<b>Eggs</b>	Cook until yolk & white are firm
<b>Egg Dishes</b>	160°F
<b>Fin Fish</b>	145°F or flesh is opaque & separates easily with fork
<b>Shrimp, Lobster, and Crabs</b>	Flesh pearly & opaque
<b>Clams, Oysters, and Mussels</b>	Shells open during cooking
<b>Scallops</b>	Flesh is milky white or opaque and firm
<b>Leftovers and Casseroles</b>	165°F

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FDA U.S. FOOD & DRUG ADMINISTRATION

Figure 1

References:

FDA website: <https://www.fda.gov/food/food-safety-during-emergencies/food-safety-and-coronavirus-disease-2019-covid-19>