

# Avoiding Food or Food Packaging Contamination

According to the U.S. Food & Drug Administration, currently there is no evidence of food, food containers, or food packaging being associated with transmission of COVID-19. Like other viruses, it is possible that the virus that causes COVID-19 can survive on surfaces or objects.

If you are concerned about contamination of food or food packaging, wash your hands after handling food packaging, after removing food from the packaging, before you prepare food for eating and before you eat.

Consumers can follow [CDC guidelines on frequent hand washing](#) with soap and water for at least 20 seconds; and frequently clean and disinfect surfaces.

It is critical to follow the 4 key steps of food safety—**clean, separate, cook, and chill**.



**Clean:** Wash Hands, Utensils, and Surfaces Often.

**Separate:** Don't Cross Contaminate. In your shopping cart, separate raw meat, poultry, seafood, and eggs from other foods and place packages of raw meat, poultry, and seafood in plastic bags if available. Use separate cutting boards and plates for produce, meat, poultry, seafood, and eggs.



**Cook** to the Right Temperature. Food is safely cooked when the internal temperature is high enough to kill germs that can make you sick. Keep food hot (140°F or above) after cooking. Microwave food thoroughly (165°F or above).



**Chill:** Refrigerate and Freeze Food Properly. Refrigerate perishable foods within 2 hours.