

# COVID-19 Guidance for Food Premises

## Best Practices Summary Sheet

Coronaviruses are spread mainly from person to person through close contact, for example, in a household, workplace or healthcare centre. There is no vaccine available to protect against the 2019 novel coronavirus.

### Symptoms

- Symptoms range from mild – like the flu and other common respiratory infections – to severe, and can include:
  - fever, cough, and difficulty breathing
- Monitor symptoms for 14 days after any suspected exposure
- The virus is spread through respiratory droplets
  - from person to person through coughing, sneezing, close contact; and
  - touching contaminated surfaces.

### How to protect yourself and others

There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses. Take these everyday steps to reduce exposure to the virus and protect your health:

- wash your hands often with soap and water or alcohol-based hand sanitizer;
- sneeze and cough into your sleeve;
- avoid touching your eyes, nose or mouth;
- avoid contact with people who are sick;
- social distancing (maintain 2m/ 6 ft distance from anyone coughing or sneezing); and
- stay home if you are sick.

## What you should know

- Commonly used cleaners and disinfectants are effective against COVID-19.
- Frequently touched surfaces are most likely to be contaminated.
- Use only disinfectants that have a Drug Identification Number (DIN). A DIN is an 8-digit number given by Health Canada that confirms it is approved for use in Canada.
- Check the expiry date of products you use and always follow manufacturer's instructions.
- Clean frequently touched surfaces at least twice per day. In addition to routine cleaning, surfaces that have frequent contact with hands should be cleaned and disinfected at least twice per day and when visibly dirty.
- Examples of frequently touched surfaces include doorknobs, light switches, toilet handles, counters, hand rails, touch screen surfaces, table tops, chairs, food contact surfaces, meal trays and kitchen and buffet serving utensils.
- Food must be protected from contamination at all times. This may include ensuring guards or coverings for food, and utensils.
- Food provided for takeout and delivery should be packaged to protect food from contamination and to be consumed elsewhere.  
Ensure all hand wash sinks are supplied with soap and paper towels or a working hot air dryer.

In addition to routine cleaning, check with your organization for any specific protocols for cleaning for COVID-19.

## Cleaning and Sanitizing

**Step 1 Cleaners:** break down grease and remove organic material from the surface.

- Used separately before using disinfectants.
- Can be purchased with cleaner and disinfectant combined in a single product.

**Step 2 Sanitizers:** reduce the level of microorganisms to a level that will not compromise the safety of food products. A food premises may sanitize equipment and utensils by:

- clean water at a temperature of at least 77° Celsius, or more, for at least 45 seconds;
- a clean chlorine solution of not less than 100 parts per million of available chlorine at a temperature not lower than 24° Celsius for at least 45 seconds;
- a clean quaternary ammonium compound solution of not less than 200 parts per million at a temperature not lower than 24° Celsius for at least 45 seconds;
- a clean solution containing not less than 25 parts per million of available iodine at a temperature not lower than 24° Celsius for at least 45 seconds; or
- other sanitizing agents if,
  - they are approved for use by Health Canada, the Canadian Food Inspection Agency or the medical officer of health for the intended purpose,
  - they are used in accordance with the manufacturer's instructions, and
  - a test reagent for determining the concentration of sanitizer is readily available where the sanitizing takes place.

**Step 3 Disinfectants:** have chemicals that kill most germs. Disinfectants are ideal for frequently touched surfaces.

- Applied after the surfaces have been cleaned.
- Have a drug identification number (DIN).

### Disinfectant wipes

- Have combined cleaners and disinfectants in one solution.
- May become dry due to fast drying properties. Should be discarded if they become dry.
- Not recommended for heavily soiled surfaces.

### Prepare products for use

- Where possible, use pre-mixed solution.
- Read and follow manufacturer's instructions to:
  - properly prepare solution
  - allow adequate contact time for disinfectant to kill germs (see product label)
  - wear gloves when handling cleaning products including wipes

- wear any other personal protective equipment recommended by the manufacturer.

## What to do if you develop symptoms?

Self-isolate immediately, use the [self assessment tool](#), and if necessary contact your public health unit and your health care provider.

To self-isolate:

- Ensure a supply of soap, water and/or alcohol-based hand sanitizer to clean your hands;
- When you visit your health care provider, avoid using public transportation such as subways, taxis and shared rides; and
- If unavoidable, wear a mask and sit in the back seat.