




FOOD SAFETY & COVID-19

COVID-19 is primarily spread via personal contact through respiratory droplets. While it is possible to spread through contaminated objects such as food, the risk is thought to be low.



Important food safety reminders to practice now and later!

- Wash your hands for 20 seconds with soap and water after handling food or food packaging and before eating
- Regularly clean and disinfect kitchen surfaces
- Do not use disinfectants meant for hard surfaces on food or food packaging
- Continue to handle and store meat, eggs, dairy and other perishable foods following proper safety guidelines



For additional tips on healthy eating and how to stay active with children, download the Ohio AAP Parenting at Meal and Playtime app from the App Store or Google Play!

Ohio Chapter

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For more resources visit

<http://ohioaap.org/covid19resources>