

U.S. FOOD AND DRUG ADMINISTRATION

INFORMATION REGARDING CORONAVIRUS AND FOOD PACKAGING AND PREPARATION

Q: Can I get the coronavirus from food, food packaging, or food containers and preparation area?

A: 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. For that reason, it is critical to follow the 4 key steps of food safety—[clean, separate, cook, and chill](#).

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 frequent cleaning and disinfecting of surfaces.

1. Wash your hands for 20 seconds with warm water and soap before and after preparing fresh produce.
2. If damage or bruising occurs before eating or handling, cut away the damaged or bruised areas before preparing or eating.
3. Rinse produce BEFORE you peel it, so dirt and bacteria aren't transferred from the knife onto the fruit or vegetable.
4. Gently rub produce while holding under plain running water. There is no need to use soap or a produce wash.
5. Use a clean vegetable brush to scrub firm produce, such as melons and cucumbers.
6. Dry produce with a clean cloth or paper towel to further reduce bacteria that may be present.
7. Remove the outermost leaves of a head of lettuce or cabbage.