



Is Takeout Food Safe During COVID-19?

Is my takeout food safe?

According to the FDA, USDA, and the there are no confirmed reports of association between food or food packaging and transmission of the virus that causes COVID-19. Unlike foodborne gastrointestinal (GI) viruses, such as norovirus and hepatitis A, that often make people ill through consumption of contaminated food, the virus that causes COVID-19 causes respiratory illness. Foodborne exposure to this virus is not known to be a route of transmission. The virus is thought to spread mainly from person-to-person. This includes between people who are in close contact with one another (within about 6 feet of one another for a prolonged period of time).



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Is it safe to order takeout food from restaurants?

Commercial kitchens already have extensive food safety procedures in place. Rigorous safety inspections of on-base restaurants are performed regularly by installation preventive medicine technicians; likewise, local public health department employees perform regular inspections of local off-base restaurants. These inspections ensure that those preparing food in restaurant kitchens are well aware of precautions that need to be taken in order to keep your food safe, and that restaurant workers increase sanitary measures during the COVID-19 pandemic.

Are there risks associated with getting food from a 'drive-thru'?

There is no evidence of risk of COVID-19 transmission via food purchased at a 'drive-thru' window. The window to car separation maintains social distancing and reduces customer touch points such as doors, table tops, and credit card point of sale devices.

What are the risks if I have food delivered to my residence?

Maintain social distance from the driver delivering your food. If possible, execute all financial transactions (e.g. paying for product and tips) via telephone or online to reduce hand to hand exchange and to minimize skin to skin contact. Many delivery companies are now offering 'no-contact' delivery in order to reduce unnecessary direct contact.

Can I get COVID-19 from food packaging?

Though it has been documented that COVID-19 may survive on surfaces for a period of time, the risk of transfer is relatively low. However, to minimize the risk further the following are good practices to use:

- **Remove food from original container.**
- **Place food into or onto a clean plate or bowl.**
- **Immediately discard packaging and/or container.**



Is Takeout Food Safe During COVID-19? – (CONT)

- Wash your hands thoroughly with soap and water for 20 seconds. If soap and water is not available, then use hand sanitizer. Based on current information, an ethanol-based hand sanitizer containing ethanol content of 60% or higher, can be used to inactivate coronaviruses on the skin, including the virus that causes COVID-19. Rub your hands together, covering all surfaces of both hands, including between your fingers and up around your fingertips and nails. Rub hands together for 30 seconds to allow your hands to completely absorb the product and the hand sanitizer to completely dry.
- Once takeout container is thrown away, disinfect the surfaces that the hard surfaces that the container has touched.

In these uncertain times, it's easy to become anxious. If you follow some of these simple precautions you will minimize risk to yourself, your family, and your friends.



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For up to date information refer to:

<https://www.cdc.gov/coronavirus/2019-ncov/community/index.html>

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html>

<https://www.med.navy.mil/sites/nmcphc/program-and-policy-support/Pages/Novel-Coronavirus.aspx#t3>

Please contact your local Navy Environmental Preventive Medicine Unit for further guidance.