



An Update from us on COVID-19

How to Protect Yourself & Others

- **The best way to prevent illness is to avoid being exposed to this virus**

More detail : [How COVID-19 Spreads](#)

- **Clean your hands often:** Wash your hands often with soap and water for at least 20 seconds especially after you have been in public place, or after blowing you nose, coughing, or sneezing. Sanitizers can quickly reduce the number of germs on hands in many situations. However, sanitizers do **not** get rid of all types of germs. [When and How to Wash Your Hands](#)
- **Avoid close contact:** [Stay home as much as possible. 30 DAYS TO SLOW THE SPREAD](#)

- **Cover your mouth and nose with a cloth face over when around others**

Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities. Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance. Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

- **Cover coughs and sneezes** : If you are in private setting and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- **Clean and disinfect** : **Clean AND disinfect** [frequently touched surfaces daily](#). Most common EPA-registered household disinfects will work. Use disinfectants appropriate for the surface. Options include:

Dilute your household bleach: To make a bleach solution, mix:

5 table spoons (1/3rd cup) bleach per gallon of water OR

5 teaspoons bleach per quart of water

Follow manufacture's instructions for application and proper ventilation.

Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronavirus when properly diluted.

Alcohol solution: Ensure solutions has at least 70% alcohol.

- **Safe Food Handling Practices** : There is currently no evidence that coronavirus is spread by contaminated food. Always wash hands with soap and water for 20 seconds before handling food. Always clean work surfaces and all utensils with soap and water or other cleanser. Always rinse all produce in running water and use scrub brush if necessary to remove soil. (clean and sanitize scrub brush after using with soap and water by putting it in the dishwasher, placing it in boiling water for 20 seconds, or rinsing it in a

bleach solution. Cooking produce at temperature of 140 degrees for 30 minutes has been shown to kill other coronaviruses)

- [Cleaning and Disinfection COVID-19](#)
- [Safety and Health Guidance : COVID-19 Infection Prevention for Agricultural Employers and Employees](#)
- [Food Safety Recommendations & Frequently Asked Questions for the Consumer](#)
- [Clean Your Hands Often, Handwashing Flyer-COVID-19](#)
- [Homemade Hand Sanitizer](#)
- [Is Coronavirus a Concern at Grocery Stores?](#)
- [Is Coronavirus A Concern with Takeout?](#)
- [Is Coronavirus A Concern on Fresh Produce?](#)
- [Is Coronavirus A Food Safety Issue?](#)
- [Is Takeout Safe?](#)
- [COVID-19 Preventive Measures-Preparing For An Outbreak In Your Community](#)
- [COVID-19 and Food Safety-Shopping and Handling Groceries Step to Help Prevent the Spread of COVID-19 if you are sick](#)
- [What To Do If You Are Sick](#)

The information above is retrieved from [Centers for Diseases Control and Prevention\(COVID-19\)](#) and [UC Food Safety](#)

Sincerely,

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