

**When shopping for food, returning home and preparing food, follow this handy step-by-step guide:**

We know, from the experts, that the risk of contracting COVID-19 from food or food packaging is low, but there are some simple steps we can take while out shopping and when we return home and preparing food to reduce even that very small risk.

Protect your home and your family using #doorstephygiene #hygienejunctions

**When out shopping:**

- Always observe the 2 metre Social Distancing guidelines
- Use Contactless payment, wherever possible
- Avoid touching your face (eyes, mouth and nose)

**When returning home:**

- Remove outer clothing and shoes and leave them at the door
- Wash your hands thoroughly\* before you touch your food shopping
- Unpack and store groceries promptly in the cupboard, fridge or freezer
- Disinfect everything that you have touched with alcohol-based hand sanitiser or by thoroughly washing with hot water and detergent  
This includes surfaces that you have placed shopping on, your phone, keys, watches, glasses, door handles, and fridge/freezer doors.
- Wash your hands thoroughly\* again as the final step

**When preparing food:**

- Follow good food hygiene and wash fruit, salads and vegetables by rubbing under water and peeling the outer layers or skins, if appropriate.
- **Do not wash** fresh meat, poultry or fish, as this could increase the spread of food poisoning bacteria such as Salmonella
- Wash your hands thoroughly and often\*, in particular:
  - after coughing or sneezing
  - after going to the toilet
  - before eating and drinking
- Avoid touching your face (eyes, mouth and nose) and if you do wash your hands

**Remember...**

- Hand sanitiser gels can be used in addition to hand washing, but they are only really effective on clean hands. They should never be used as a substitute for hand washing when at home.
- Always ensure your home has sufficient supplies of alcohol-based sanitiser, soap/detergent, plastic bags and bins
- Always avoid touching your face (eyes, mouth and nose) while unpacking groceries, disposing of any outer packaging, and when preparing food.
- Always wash your hands thoroughly before preparing food

\*Best Practices for Effective Handwashing

[https://www.ifst.org/sites/default/files/Hand\\_Hygiene.pdf](https://www.ifst.org/sites/default/files/Hand_Hygiene.pdf)

