FOOD SAFETY INFORMATION

COVID-19 NC RESPONSE

FOOD SAFETY INFORMATION

Only food workers should be in the kitchen or food storage area. If you see someone or something that looks out of place, be sure to tell a manager!

**Wash Your Hands**

Hand washing is one of the most effective ways to prevent the spread of germs. Use the following steps to properly wash your hands before handling food, after using the restroom, after switching from raw to ready-to-eat foods, and after coughing, sneezing, or blowing your nose.

RINSE
ADD SOAP
SCRUB
RINSE
DRY

Be sure to scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.

**Cover Food**

Properly cover all food containers before transporting them and when food is not in use. Uncovered food can be contaminated by dust, flies, or other environmental contaminants.

**Wear Gloves**

You must wear gloves or use a clean utensil when handling food. Be sure to discard dirty or damaged gloves and wash your hands before replacing them with a new pair.

**Don’t Work Sick**

When food preparers work sick, they put people at risk of contracting illness. Do not work if you have any of the following symptoms:
- Fever or cough
- Vomiting
- Diarrhea
- Jaundice

**Keep Food out of the Temperature Danger Zone**

When food is between 41°F and 135°F, bacteria can multiply rapidly. Ensure food is at the proper temperature with a thermometer.

**Cook all Food to the Proper Final Internal Temperature:**

<table>
<thead>
<tr>
<th>Temperature</th>
<th>Time</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>135°F</td>
<td>for 15s</td>
<td>Commercially cooked foods</td>
</tr>
<tr>
<td>145°F</td>
<td>for 15s</td>
<td>Fish, eggs, and whole cuts of beef, pork, and lamb</td>
</tr>
<tr>
<td>155°F</td>
<td>for 15s</td>
<td>Ground or mechanically tenderized meats, except poultry</td>
</tr>
<tr>
<td>165°F</td>
<td>for 15s</td>
<td>All poultry and stuffed products</td>
</tr>
</tbody>
</table>

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