

## Food Safety Health Advice During The COVID-19 Pandemic



Wash raw fruits and vegetables with clean potable water



Cook meat well



Stay hydrated



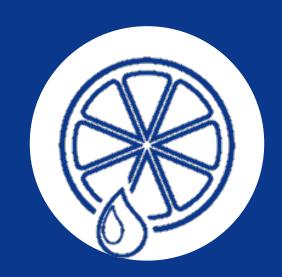
Avoid sharing food utensils, water bottles or cups



Clean surface such as tables with antibacterial bleach wipes



Use different chopping boards &knife for raw meat &cooked foods



Eat food rich in vitamin c to boost your immune system



Maintain good personal hygiene

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