



Food Safety Health Advice During The COVID-19 Pandemic

FOOD SAFETY



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