

CEDAR SPRINGS COMMUNITY DURING THE COVID-19 PANDEMIC

Questions and Answers for our Members

Issue V on May 1, 2020

Dear Springers!

This week, our provincial and federal governments have made it clear that overcoming this pandemic will be a “marathon” and not a “sprint”. Therefore, close attention to hand hygiene and measures of physical distancing will likely be required for months to come. To help you cope a little better during these extraordinary times, we plan to address practical questions at regular intervals. Today, we ask:

Question: Is it safe to order take-out food?

A few facts:

- There is no evidence that SARS-CoV-2 can be transmitted through food.
- However, close contact with anyone who does not live in our household poses a risk. This includes members of restaurant staff and food couriers.
- It has been estimated that up to 10% of all COVID-19 infections result from touching contaminated surfaces, followed by touching of eyes, nose or mouth with those contaminated hands.

Answer: It should be safe to order take-out food if you adopt the following precautions:

- Avoid close contact with restaurant staff and food couriers. Instead, designate a safe spot where the food should be left for you.
- Throw away the packaging and wash your hands thoroughly immediately after.
- Use your own plates and cutlery, not those that have come with the food.
- Wash your hands again for 20 seconds before you eat.

Further Reading:

On April 22, 2020, Health Canada posted the following statement:

“There are currently no reported cases of COVID-19 being spread through food. If we become aware of a potential food safety risk, we will take appropriate actions to protect the safety of Canada's food supply.”

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