

## COVID-19 Safety Tips for Restaurants and Kitchens

According to the [Centers for Disease Control](#), the best way to prevent illness as a result of COVID-19 is to avoid exposure to the virus, which is thought to spread mainly from person to person, between people who are in close contact (within about six feet). The virus is transmitted through respiratory droplets produced when an infected person coughs, sneezes, or speaks, which can land in the mouths or noses or possibly get inhaled into the lungs of people nearby. Some recent studies suggest that COVID-19 can be spread by people who are symptomatic (showing signs of the virus) or asymptomatic (showing no signs of the virus).

**Symptoms may appear 2 to 14 days after exposure and can include:**



FEVER



COUGH



SHORTNESS OF BREATH



You can use the CDC's [self-check](#) to help you determine if you need medical care.

### OTHER RESOURCES:

[COVID-19 video by Vox](#)

[CDC - How to Protect Yourself and Others](#)

[EPA list of chemicals to use against COVID-19](#)

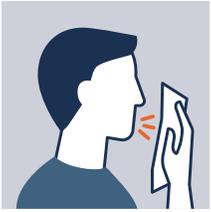
[Restaurant Association Guidelines](#)

# How to Protect Yourself and Others



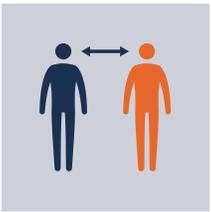
## Wash your hands often

- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.



## Cover coughs and sneezes

- Cover your coughs and sneezes with a tissue, then throw the tissue in the trash, or cough/sneeze into your elbow.
- Immediately wash your hands with soap and water for a least 20 seconds. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- Do not come to work if you have a frequent cough, fever, or difficulty breathing.



## Social/physical distancing

- Stay a least six feet away from other people.
- Do not gather in groups.
- Stay out of crowded places and avoid mass gatherings.



## Cloth cover/mask for mouth and nose

- When in public, cover your mouth and nose with a cloth cover or mask. Launder the cloth if exposed to any coughing or sneezing from someone else.
- The cloth face cover is also meant to protect other people in case you are infected.
- Wash your hands and/or put on a clean pair of gloves prior to donning the mask.
- Do not touch the mask while wearing it. If you do touch it, do so with a gloved hand, or wash your hands immediately before and after.
- Adjust or remove the mask carefully, touching only the bands and not the outside surface.



## Cleaning

- Routine cleaning with soap and water removes germs and dirt from surfaces. Unexpired bleach is an effective disinfectant against COVID-19 when properly diluted. Never mix bleach with ammonia or any other cleaner. Leave solution on the surface for at least one minute.
- Clean and disinfect tables and chairs after each use. Other areas that need routine disinfection include doorknobs, light switches, countertops, handles, phones, keyboards, and touchscreens.
- Use electronic or disposable menus, if possible. If this is not feasible, consider laminating menus and disinfecting between each use.
- Housekeeping in public areas should be left to low-risk employees. Ensure the use of gloves when employees are completing housekeeping tasks, such as bussing tables, taking the trash out, changing the liner, re-stocking supplies, etc.



## Staying Healthy During the COVID-19 Pandemic

### 1. Personal hygiene for employees

Ensure employees understand effective hand hygiene that includes washing hands for at least 20 seconds before preparing foods, after using the bathroom, after touching money or objects that have been handled by customers, before eating, and after blowing their nose, coughing, or sneezing.

- Employees should always wash hands with soap and water. If soap and water are not readily available, then an alcohol-based hand sanitizer with at least 60% alcohol can be used.
- Avoid working with unwrapped or exposed foods.
- Avoid touching your eyes, nose, and mouth.
- Cover your cough or sneeze with a tissue, throw the tissue in the trash, and wash hands after.
- [Use gloves to avoid direct bare hand contact with ready-to-eat foods.](#)
- [Gloves are not necessary for workers who are not involved in food preparation.](#)

### 2. Maintaining a healthy work environment

- Institute measures to physically separate and increase distance between employees, coworkers, and customers like the suggestions below:
  - Configure partitions with a pass-through opening at the bottom of the barrier in checkout lanes, customer service desks, and pharmacy and liquor store counters, if possible.
  - Use every other checkout lane to aid in physical distancing.
  - Use announcements and signage at entrances, in restrooms, and in breakrooms to remind employees and customers to maintain a physical distance of at least six feet from others.
  - Place visual cues, such as floor decals, colored tape, or signs to indicate where customers should stand during checkout.

- Remove/rearrange chairs and tables or add visual cues in employee breakrooms to support social distancing practices between employees. Identify alternative areas, such as closed customer seating spaces, to accommodate overflow volume.
- Provide remote shopping alternatives for customers, including click-and-collect, delivery, pick-up, and shop-by-phone to limit customers inside. Set up designated pick-up areas.
- Control traffic flow into the establishment by ensuring that maximum capacity plans are adjusted and managed at the front door.
- Place posters that encourage staying home when sick, cough and sneeze etiquette, and good hand hygiene at the entrances and areas where they are likely to be seen.

### 3. Guidance for curbside and takeout

If you are in the restaurant or beverage industry and offer takeout or curbside pickup services during the COVID-19 pandemic, the following tips can help reduce exposure risk for employees:

- Encourage workers to stay home if they are sick.
- Avoid direct hand-offs, when possible.
- Display door or sidewalk signage with available services (takeout, curbside, delivery), instructions, and hours of operation.
- Reserve parking spaces near the front door for curbside pickup only.
- Train workers in proper hygiene practices and the use of workplace controls.
- Provide pick-up items on a delivery tray and allow customers to retrieve items to avoid physical contact.
- Allow workers to wear masks over their noses and mouths to prevent spread of the virus.
- Provide a place to wash hands and apply alcohol-based hand rubs containing at least 60% alcohol.
- Routinely clean and disinfect surfaces and equipment.
- Practice social distancing by maintaining at least six feet between coworkers and customers. Mark distances with floor tape in pickup lines, encourage customers to pay ahead by phone or online, temporarily move workstations to create more distance, and install plexiglass partitions, if feasible.

### 4. Transactions

In all transactions, all efforts should be made to limit direct or close contact between an employee and customer. Some suggestions include:

- Installing a barrier or partition at the cash register
- Providing options to make touchless payments or online payments prior to pick-up to limit the exchange of cash and/or coins.
- Positioning credit card readers farther away to maintain safe distance.
- Not directly handling customer debit/credit cards, and providing them the opportunity to insert their card.
- Requiring employees to wear gloves when handling items and exchanging payment.
- Wearing a cloth face covering/mask.
- Disinfecting and wiping down card terminals/buttons and customer counters after each transaction.
- Practicing proper hand hygiene.
- Avoiding touching your eyes, nose, and mouth.