

Hygienic rules

In the current context of the spread of SARS-COV-2 coronavirus causing Covid-19 disease, researchers and competent authorities are monitoring the transmission of this virus.

According to the World Health Organization, WHO so far, no data have been found to prove that food can be potential sources of transmission.

WHO, https://www.who.int/health-topics/coronavirus#tab=tab_1; https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public)



Regarding the food safety, WHO has issued precautionary recommendations, including tips on how to follow good hygiene practices.

Body hygiene rules

Stay at home;

Avoid crowding and keep at least 1.5 m away from other people;

Cover the mouth and nose, when coughing / sneezing, with a disposable handkerchief or with the bend of the elbow;

Before preparing or serving food, it is important to wash your hands with soap and clean water for at least 20 seconds. If hand washing is not an option, hand sanitizer with at least 60% alcohol can be used until soap and water become available;

Other practices, such as **cleaning and disinfecting countertops** and other surfaces that you use, can also serve as protection for you and others around you.

Together with the WHO, the Food and Agriculture Organization of the United Nations (FAO) is involved in coordinating, at international level, this crisis caused by the spread of COVID-19 disease. FAO is also working with the scientific community to identify potential (animal) hosts for this virus and to reduce its transmission to humans.

http://www.fao.org/2019-ncov/en/; http://www.fao.org/news/story/en/item/1268059/icode/

Food hygiene rules

Prepare the meat at the appropriate temperature. It is known that heat treatment for **at least 30 minutes at 60 ° C** eliminates any possibility of contamination with SARS, so it is expected that the virus will be destroyed by boiling.

Use different shredders for vegetables and meat;

Store the raw meat separately from the vegetables / fruits and in general the food products of animal origin to be separated from those of vegetable origin;

People should not handle / market / eat from wild animals that are sick or have died from unknown causes. Raw meat from wild animals or "blood" preparations are completely un-recommended. These practices place the population at high risk of being contaminated with numerous bacteria, leading to a weakening of the immune system;

Immediately eat cooked food. When the cooked food is cooled to room temperature, the bacteria begin to multiply. The more you expect, the greater the risk of food contamination. In order to be safe, it is preferable that cooked foods be consumed as soon as they are removed from the heat. The remaining food is cooled quickly, and stored in the refrigerator;

Food should be freshly prepared and for a meal only, as far as possible. If the food needs to be prepared in advance, or if there are any leftovers, they should be kept cold, below 5 ° C (in the refrigerator or in a refrigerator box) or warm, above 60 ° C.

