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## Four Tips for Cooking during the Pandemic

According to the information from the World Health Organisation (WHO), there is currently no evidence that the novel coronavirus can be transmitted through food, including of meat and aquatic products. However, food may be contaminated by the virus in the processes of storage, transport, cutting and sale.

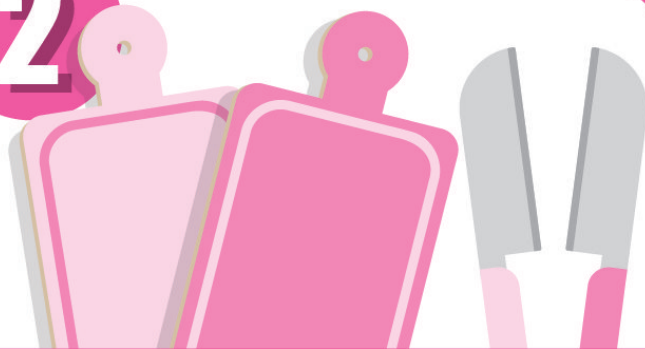
Keep 4 tips in mind to ensure food safety under the COVID-19 pandemic:

1



Wash hands thoroughly before and after handling food.

2



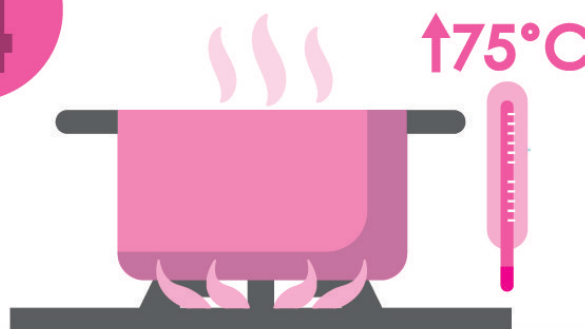
Always use two different sets of cutting boards and knives for preparing raw and cooked foods to prevent cross contamination.

3



Containers, cutting boards, knives and kitchen sinks, etc., that have come into contact with raw meat must be thoroughly washed and disinfected. (Remember to regularly clean and disinfect food storage facilities and equipment, e.g., refrigerators.)

4



Food, especially meat, aquatic products, poultry and eggs, must be cooked thoroughly before eating. (Generally, viruses can be killed by heating at temperature above 75°C.)