



## STUDENT HEALTH SERVICES

Shaw Hall  
208 University Drive, CUB 127  
West Liberty, WV 26074

Office: 304.336.8049  
Fax: 304.336.8315  
[westliberty.edu/health-services](http://westliberty.edu/health-services)

### COVID-19 AND FOOD SAFETY FAQ

*Currently, there is no evidence to support transmission of COVID-19 by food. Current evidence shows the biggest risk of transmission is being around individuals who are symptomatic. To a lesser extent, transmission can also occur by being around individuals who are infected but not yet showing symptoms. Restaurants and other food businesses should be following health recommendations to keep these individuals at home.*

#### WHAT ARE THE RISKS OF FOOD FROM A DRIVE-THRU OR TAKEOUT?

- There is no current indication that drive-thru or takeout will increase illness.
- This is a good option for high risk and elderly groups because it maintains social distancing and reduces the number of touch points.

#### CAN I GET COVID-19 FROM TOUCHING FOOD OR PACKAGING EXPOSED TO CORONAVIRUS?

- Based on current research, the risk of transfer of viruses is very low.
- You can reduce risk by washing your hands or using hand sanitizer after touching food packaging.

#### ARE THERE RISKS TO HAVING FOOD DELIVERED TO YOUR HOME?

- Food delivery helps maintain social distancing and reduces the number of touch points.
- Many delivery programs have instituted no touch/no interaction options, which further reduces risk.

#### WHAT HAPPENS IN YOUR BODY IF YOU INGEST CORONAVIRUS THROUGH FOOD?

- If you consume food that is contaminated with coronavirus, the acid in your stomach should inactivate the virus due to stomach acid being highly acidic (pH 2.0). There is also no evidence that COVID-19 can start infecting a person through the GI tract.
- The only way to get sick during eating is if the virus comes in contact with specific respiratory cells, which is highly unlikely.

Resources: [www.cdc.gov/coronavirus/2019-cov](http://www.cdc.gov/coronavirus/2019-cov)

<https://foodsafety.ces.ncsu.edu>