COVID-19 and Food Safety

Food Safety Facts and FAQ

The current spread of the contagious COVID-19 virus is a result of human to human transmission. It is everyone’s responsibility to prevent the spread of the COVID-19 virus by following the Quebec’s health policies and recommendations to keep everyone safe. Refer to the COVID-19 Self-Care Guide (click here) issued by the Quebec government on how to protect yourself, your family and your community. More information on COVID-19 in Quebec available at Quebec.ca/coronavirus.

The following are common frequently asked questions on COVID-19 and Food Safety. For more extensive list on this topic and for more information, visit the MAPAQ website (French): www.mapaq.gouv.qc.ca or Click here for the English version of MAPAQ’s FAQ, in PDF format.

Can the COVID-19 be transmitted through food?

- Currently, scientists and food safety authorities such as the CFIA (Canadian Food Inspection Agency) and MAPAQ (ministère de l’Agriculture, des Pêcheries et de l’Alimentation du Québec) have no evidence to suggest the transmission of COVID-19 through food. ‘People are unlikely to be infected with the virus through food’, as per the CFIA. COVID-19 is a respiratory virus, and not a foodborne illness, meaning is does not multiply on food like bacteria.
- Following food safety guidelines and good hygiene practices remain the recommendations for handling food. Visit Canada.ca/foodsafty for more information on food safety practices.

Should I wear gloves when I grocery shop?

- The coronavirus COVID-19 is transmitted by tiny droplets that are expelled into the air when an infected person coughs or sneezes and make their way into the respiratory system. It cannot be transmitted through the skin.
- Proper personal hygiene is key! Gloves give a “false sense of security” and proper handwashing is a far better precautionary measure.

Can I still eat take out foods?

- Yes. As per CFIA, Coronavirus are killed by cooking food to safe internal temperatures.
- Ensure that the restaurant you are ordering from has a good reputation for proper food handling techniques.
- Immediately remove food from the package and transfer onto a clean plate and wash hands before eating.

References:
www.inspection.gc.ca/covid-19
www.healthcanada.ca
www.mapaq.gouv.qc.ca
www.quebec.ca
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