

Cleaning tips for restaurants, food carts and other food service operations to help prevent the spread of COVID-19

The Oregon Health Authority received your questions about cleaning tips for COVID-19. You perform an important service when you follow food sanitation rules and safety practices. **What you already do helps reduce the spread of COVID-19.** You can use this tip sheet as a helpful reminder.

Salad bars and self-service

- Salad bars, buffets and self-service activities are not allowed at this time.
- Protect food on display from contamination by use of:
 - » Packaging
 - » Food or sneeze guards
 - » Display cases
 - » Other effective means



Cleaning and disinfecting touch points

- Food service dining room and lobby
 - » Tables, service trays, highchairs and chairs
 - » Menus
 - » Trash container touch points
 - » Door handles, push plates and hand railings
 - » Keypads
 - » Cash register
 - » Phones
 - » Vending and ice machines
 - » Kiosks
- Restrooms
 - » Door handles
 - » Sink faucets and toilet handles
 - » Soap dispenser push plates
 - » Towel dispenser handles
 - » Baby changing stations
 - » Trash container touch points



Cleaning and sanitizing food preparation areas

- Kitchen and back of house
 - » Coffee and drink stations
 - » Handles of all the equipment doors and operation push pads
 - » Handles of dispensers (beverages, etc.)
 - » Ice scoops
 - » Door handles and push plates
 - » Walk-in and other refrigerator or freezer handles
 - » Walk-in plastic curtains
 - » Handwashing sink and faucet handles
 - » Soap dispenser push plates
 - » Towel dispenser handles
 - » 3 compartment sinks
 - » Cleaning tools
 - » Buckets
 - » Keypads
 - » Phones and handsets
 - » Computers
 - » Windows



How to keep yourself and others healthy

- This advice applies to everyone, not just people tested for COVID-19.
- Health experts recommend that employees with symptoms of acute respiratory illness stay home.
- Employees should not come to work if they have:
 - » Fever (100.4° F [38° C] or greater using an oral thermometer)
 - » Cough **or** shortness of breath **or** difficulty breathing **or** at least two of the following symptoms:
 - Fever
 - Chills
 - Repeated shaking with chills
 - Muscle pain
 - Headache
 - Sore throat
 - New loss of taste or smell
 - » Other symptoms such as vomiting or diarrhea.
- Employees should not return to work until they do not have fever or cough for 72 hours without using fever-reducing medicines such as:
 - » Aspirin
 - » Acetaminophen
 - » Many cold or flu medicines
- CDC recommends separating sick employees from other employees. Those with fever or acute respiratory illness symptoms should immediately go home:
 - » Upon arrival to work, or
 - » During the day, if symptoms develop while at work.
- Oregon law restricts employees from working when they have diarrhea, vomiting or sore throat with fever.
- Review personal hygiene, especially:
 - » [Hand washing](#)
 - » Cover your cough or sneeze with a tissue, then throw it away. If you don't have a tissue, cough into your elbow. Also, wash your hands.

- Educate and inform workers about infection control.
- Review how to clean and sanitize hard surfaces.
- Educate workers how to refill a consumer's cup or container without the pitcher, pot or lever touching the rim of the cup or container.
- Minimize bare hand contact of ready-to-eat foods.

Resources

- [Oregon Health Authority COVID-19 and Food Safety Information](#)
- Centers for Disease Control and Prevention Reopening Guidance for Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools, and Homes: <https://www.cdc.gov/coronavirus/2019-ncov/community/reopen-guidance.html>
- Centers for Disease Control and Prevention Cleaning and Disinfecting Your Facility: <https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>
- Oregon Department of Agriculture Pesticides Program [Effective Disinfectants on Food Contact Surfaces list](#)
- National Restaurant Association's ServSafe flyer: [CORONAVIRUS WHAT CAN YOU DO?](#) (English and Spanish)
- Oregon Restaurant & Lodging Association (ORLA) [Coronavirus Information and Resources web page](#)
- Center for Biocide Chemistries [Novel Coronavirus \(COVID-19\)—Fighting Products](#)

Stay informed

[Centers for Disease Control and Prevention \(CDC\)](#)
[Oregon Health Authority \(OHA\)](#)
[211](#)

To find out more, go to healthoregon.org/coronavirus or call 211.

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