

# 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.

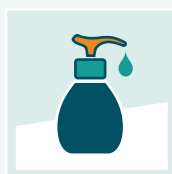
## Salad bars and self-service

- 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



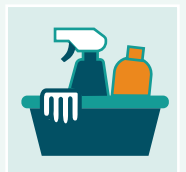
## Cleaning and disinfecting touch points

- 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

- Get Vaccinated
- 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](#)

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**To find out more, go to [healthoregon.org/coronavirus](http://healthoregon.org/coronavirus) or call 211.**

You can get this document free of charge in other languages, large print, braille or a format you prefer. Contact Mavel Morales at 1-844-882-7889, 711 TTY or [OHA.ADAModifications@dhsosha.state.or.us](mailto:ADAModifications@dhsosha.state.or.us)