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
- 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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