

Staying “Food” Safe with COVID-19

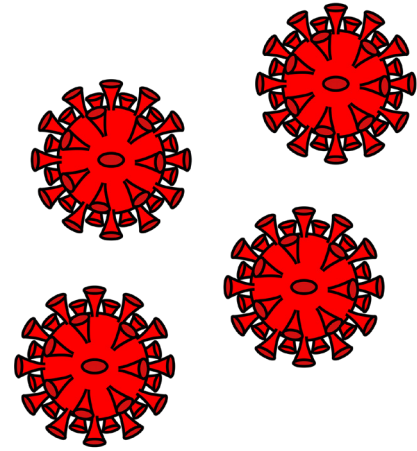


Prepared by Nanaimo Foodshare Society.

For questions, comments, or
to request a colourable version
of this social story, please email
sean.enns@nanamofoodshare.ca

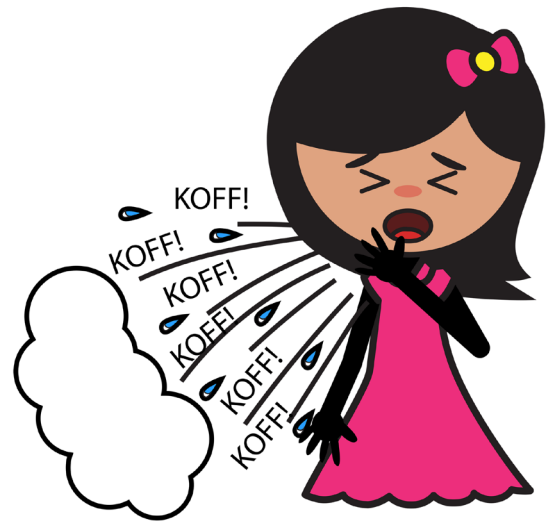
What is COVID-19?

It is a new illness spreading around the world. Some people also call it “Coronavirus.”



How Could I Get It?

When people with COVID-19 cough or sneeze, their germs go into the air. The germs land on things, like you!



The germs get into your body through your mouth, nose, and eyes.

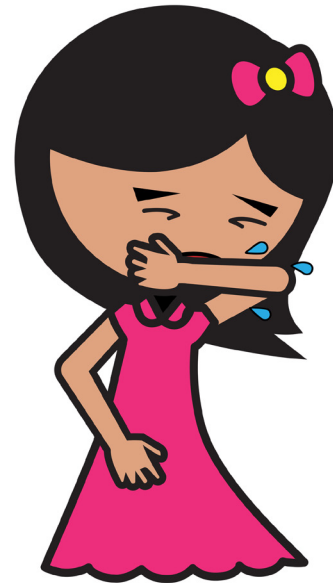


How can I Stay “Food” Safe?

Wash your hands for 20 seconds with soap and water. Count to 20 if it helps.



Cough into your elbow.

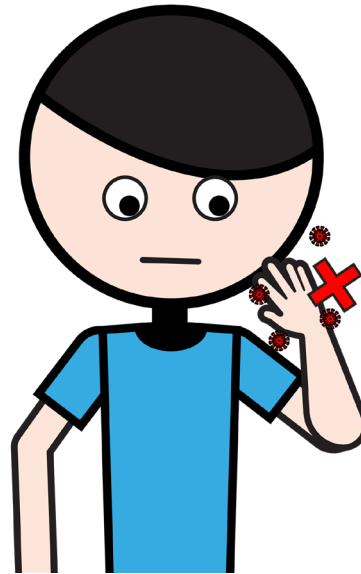


Wash your kitchen counters with soap and water two times every day!



How can I Stay “Food” Safe?

Try not to touch your face, especially your eyes nose and mouth.



Stay home! Cook your meals at home.



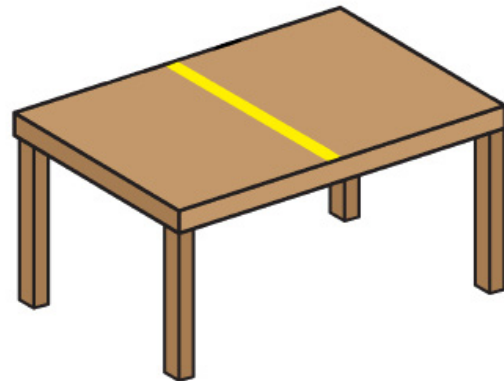
Go to the grocery store in the morning, when it is less busy.

Most stores have special hours for seniors and people with disabilities.



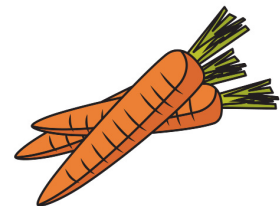
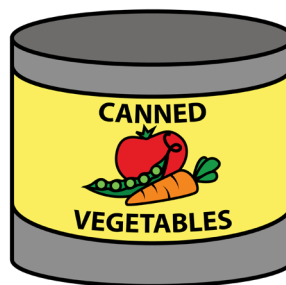
How can I Stay “Food” Safe?

Put some tape on your kitchen table. Make a clean side and a dirty side.



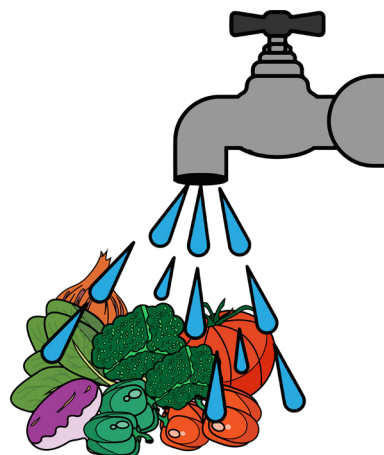
The dirty side is for groceries and food you bring into your house before washing.

Wash the food you bring to your house, even if it is in a package.



Wash all foods with cold, running water.

Do not wash your food with soap, soap can make you sick!

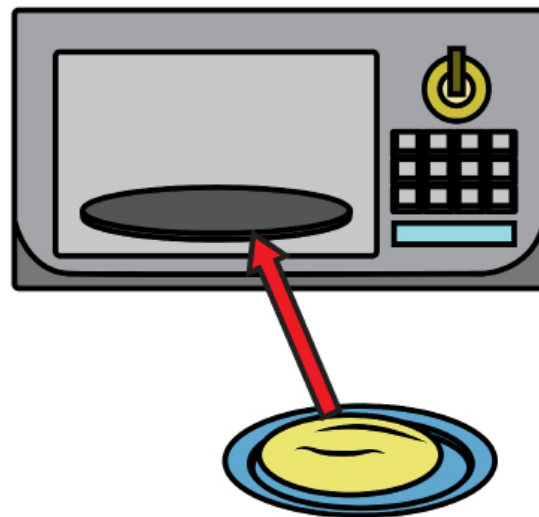


How can I Stay “Food” Safe?

If you order food from a restaurant, put the food from the containers onto a clean plate. Use clean spoons and forks to avoid touching your food.



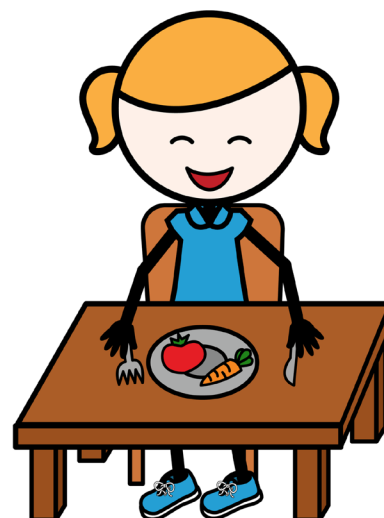
If you are not sure, microwave your food for one minute, or heat it up on the stove.



Heat will kill the virus!

Use clean forks, knives and spoons to eat with. Avoid eating with your hands.

Do not share utensils with anyone, always use your own!



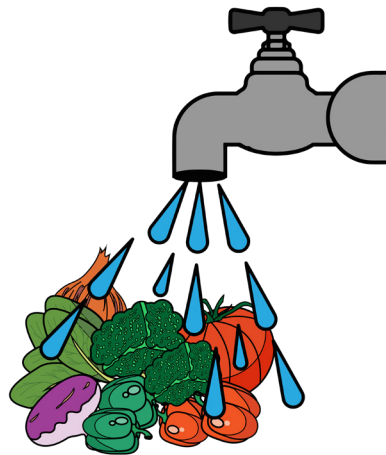
Stay “Food” Safe!

Wash your hands for 20 seconds with soap and water. Count to 20 if it helps.



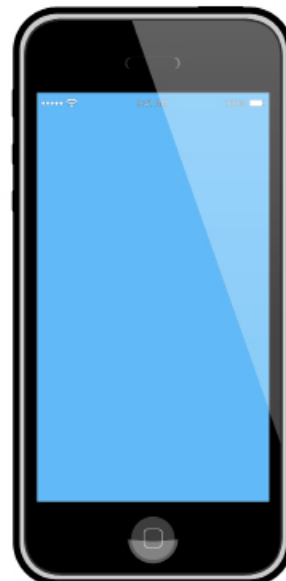
Wash all foods with cold running water.

Even packaged foods!



If you need support, call a friend, family member, or support worker.

You can call Foodshare to ask about food, at 250-753-9393.



Helpful Resources

World Health Organization

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Government of Canada

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

BC Centre for Disease Control

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19>

Nanaimo Foodshare Society

<http://www.nanaimofoodshare.ca>

250-753-9393

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