



STOP SPREADING VIRUSES WHILE SERVING IN THE DINING ROOM

Even though Public Health Officials DO NOT believe that consuming food represent a way that coronaviruses are being transmitted. However, food safety practices for avoiding cross contamination and controlling safe food temperatures.

What is the basic protection against viruses while serving meals?

- Handwashing and sanitizing are a fundamental protection against the virus.

How does the virus spread in a dining room?

- Through the air by coughing and sneezing
- Through close personal contact, such as touching hands

What should a person do if he or she coughs or sneezes in dining room?

- Cover coughs and sneezes with a tissue or a provided disposable napkin in dining areas.
- Throw used tissue or disposable napkin in the trash and wash hands immediately with soap and water for at least 20 seconds.
- If soap and water is unavailable, use hand sanitizer that contains at least 70% alcohol.

What items in the dining area are risky because they cannot be effectively sanitized in a timely way?

- Menus (use paper, one-time use menu)
- Salt and pepper shakers (use single service items, i.e. salt, ketchup, mayo packets)
- Table linens and cloth napkins (use disposable placemats and napkins)
- Centerpieces

Why is water temperature important in handwashing?

Research shows there is little difference between the cleanliness of hands washed in hot or cold water. However, the 2017 FDA Food Code specifies a minimum handwashing temperature of 100°F. Why? Because warm water feels better and encourages handwashing for the recommended duration. A steady flow of warm water also causes soap to lather and quickly flushes fatty soils from hands.

- Provide enough fully equipped handwashing stations to enable people to wash hands in a reasonable period of time.

Helpful Resources

- [BSN Solutions Food Safety Resources](#)
- [Temperature logs for dishmachine](#)
- [FWE Portable hand sink for remote serving locations](#)
- [Fight Bac Webinar for washing hands](#)
- [Tips to Maintain Successful Dining Practices During COVID 19_ANFP](#)
- [CDC Cleaning and disinfecting for COVID-19](#)
- [CDC Donning and Doffing Sequence for PPE](#)
- [CMS transmittal letter for COVID Phases May 18 20.pdf](#)
- [CMS Focused Survey for Infection Control in NH](#)
- [AHCA Dining Observation Form \(CMS-20053\) 1/2018](#)
- [EPA document that lists which disinfectants to use](#)

CHECK IF THIS IS BEING DONE

Monitor protocols for disinfecting during mealtime:

- Always clean properly, removing debris and organic matter, before disinfecting a surface.
- Utilize hand sanitizer upon entering the dining room.
- Provide hand sanitizer throughout the building.
- Focus on deep cleaning and disinfecting high-touch surfaces.
- Allow disinfectant to work for the contact time recommended by the manufacturer.
- Conduct a risk-assessment of how frequently high-touch surfaces need to be routinely cleaned and disinfected.
- Use a schedule and checklist in locations that need increased cleaning and disinfecting, including tabletops, chairs, and arms of chairs.
- If using sanitation buckets filled with quaternary sanitizer, check every 2 hours that the correct amount (200-400ppm) of sanitizer is maintained. Sanitizing cloths should be placed in the sanitizing buckets and changed when soiled or at least daily.
- If using a commercial sanitizer, use products that meet EPA disinfection criteria for the surface area used.
- Disinfect doorknobs, light switches, faucets and sinks surrounding dining room, as well as restroom and lobby areas.

Ensure social distance in the dining room when regulatory agencies allow:

- Place tables 8 feet apart to account for chairs and maintain 6 feet physical distancing. (use tape on floor to designate)
- If space is needed, schedule more than one seating for each meal.
- If necessary, request residents choose and attend only one communal meal per day.
- Seat the same small group of residents at the same table each day to minimize social contact.

Handle potentially contaminated meal trays or dishware correctly:

- Verify dish machine is reaching 180° if hot temperature or has chlorine-based sanitizer that maintains 50-100ppm for a cold temperature machine.
- The potentially contaminated items should be contained in a plastic bag and delivered to the kitchen.
- Prior to washing the dishware make sure disposable aprons, gloves, masks, and hand sanitizer are available in the dishroom.
- After putting on Personal Protective Equipment (PPE), open the bagged dishware, throw the plastic bag in the trash container, and scrape leftover food residue into the trash container.
- Begin placing dishware in dishracks and run all racks for 2 full wash cycles, then let air dry.
- Using disposables including the trays and eating utensils, might be necessary for potentially contaminated trays and dishware.
- After all contaminated dishes are washed, remove apron first and place in trash. Then, remove gloves and wash hands.
- PPE should be worn during delivery and pick up.
- Monitor for prompt delivery, especially for food served on disposable ware because food temperatures decrease quickly.

How to modify staff behavior in a socially desirable way?

A 2018 study found humans modify their behavior when being watched by others. It revealed a significantly higher percentage of people will wash their hands properly when they think they are being watched.

- Place observers near sinks with stop watches to see who washes their hands correctly or who skips. Install a camera to randomly observe handwashing practices.
- Lead by example. Make sure management properly washes and sanitizes their hands.
- Praise employees when they practice proper hand hygiene. Start a Hand Hygiene Star Employee of the Month program.
- Choose products people want to use such as soaps and sanitizers formulated with emollients to keep hands soft and healthy. If the soap smells good, people will use it.
- Install touch-free, reliable, easy-to-service paper towels dispensers.
- Train frequently. Provide easy to-understand awareness materials. Make them fun. Explain by not washing their hands they could cause an extreme illness or death.

