



MISSOURI Restaurant News

NEWS AND INFORMATION

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Coronavirus (COVID-19) Information & Resources for Restaurants

At a time when much is being communicated about the Coronavirus (COVID-19), the Missouri Restaurant Association is promoting fact-based decisions based on the best available information. MRA will do its utmost to ensure that you're equipped with the latest information to allow you to make the best decisions for your business.

You can access industry-specific guidance created by the National Restaurant Association [here](#).

Learn more about MRA's continual ServSafe Manager Food Safety training and certification programs on the [MRA website](#).

CORONAVIRUS WHAT CAN YOU DO?

What is COVID-19 Coronavirus?
Coronavirus is a respiratory illness first detected in Wuhan, China, and believed to have initially spread from animals to humans but now is spreading from person-to-person contact. According to the Centers for Disease Control and Prevention (CDC), it's unclear how easily or sustainably this virus is spreading between people. Typically, respiratory viruses are most contagious when an individual is most symptomatic, but there have been reports of the virus spreading when the affected individual does not show any symptoms.

HOW IT SPREADS / SYMPTOMS
COVID-19 Coronavirus Spreads:

- The virus primarily spreads via respiratory droplets produced when an infected person sneezes or coughs.
- It spreads between people who are in close contact (within about 6 feet).

Symptoms may appear in as few as 2 days to as long as 14 days after exposure:

- Fever, cough and/or shortness of breath.

For people who are ill with COVID-19, please follow CDC guidance on how to reduce the risk of spreading your illness to others: <https://www.cdc.gov/coronavirus/2019-nCoV/about/when-when-wash.html>

PREVENTION
Currently there is no vaccine for COVID-19. The best measure is to avoid coming in contact with the virus:

- Wash hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains 60-95% alcohol when water and soap are not available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home if sick.
- Clean and disinfect objects and surfaces that have been touched (counters, door knobs, toilets, phones, etc.)
- Cover nose and mouth when coughing and sneezing with a tissue, then immediately dispose of the tissue and wash hands for at least 20 seconds.
- It's currently flu and respiratory disease season and CDC recommends getting a flu vaccine, taking everyday preventive actions to help stop the spread of germs, and taking flu antiviral if prescribed.
- The CDC does not recommend the routine use of respiratory (decontaminant) <https://www.cdc.gov/coronavirus/2019-nCoV/flu/flu-respirator-use-04-16.html>

MONITORING
Keeping Employees Safe: What to do if an employee shows flu-like symptoms

- It is highly recommended that any employees who are showing flu-like symptoms should be excluded from the operation until they are symptom free.

Keeping Customer Safe: What to do if a customer shows flu like symptoms in the restaurant

According to the CDC, the spread of COVID-19 occurs when people are in close contact (less than 6 feet) with an infected person. Some basic steps that could be taken are:

- Provide the customer with additional napkins or tissues to use when they cough or sneeze.
- Make sure alcohol-based hand sanitizer is available for customers to use.
- Be sure to clean and sanitize any objects or surfaces that may have been touched.

Bodily Fluid Events: What to do if there is a bodily fluid event

If a customer or employee spills or has diarrhea, it is recommended (AT THIS TIME) that the operations follows protocols that are in place for norovirus, be used:

- Ensure the employee who is cleaning up the area is using Personal Protective Equipment (PPE)
- Segregate the area that has been contaminated
- Dispose of any food that has been exposed
- Frequently clean and sanitize the area to include the floor, walls and any other objects contaminated by the incident
- Properly dispose any of the equipment that was used to clean up the area

For additional recommendations and resources, please visit www.cdc.gov/coronavirus 

What is 2019-nCoV Coronavirus?

2019-nCoV (Coronavirus) is a virus that causes the COVID-19 respiratory illness. It was first detected in Wuhan, China. Typically, respiratory viruses are most contagious when an individual is most symptomatic, but there have been reports of the virus spreading when the affected individual does not show any symptoms.

Can the Coronavirus be spread through food, including refrigerated or frozen food?

According to the CDC, "Coronaviruses are generally thought to be spread from person-to-person through respiratory droplets. **Currently there is no evidence to support transmission of COVID-19 associated with food.**" View their most up-to-date list of resources [here](#).

How are restaurants responding?

The foodservice industry follows strict local public health guidelines. To meet these guidelines, restaurants have safety protocols and best practices in place.

Recommendations for the Industry:

- Provide alcohol-based hand sanitizer stations throughout the restaurant.
- Increase cleaning and disinfecting frequency for high-touch surfaces.
- Closely monitor employee health. Reinforce personal hygiene and cough etiquette. Encourage symptomatic employees to stay home.
- Have employees disinfect all personal hard surfaces referenced on the product label.

- Educate and inform all employees of infection status and proper infection control procedures.
- Consider implementing social distancing in your dining room; since guest counts may be down, provide increased distance between guests.
- Consider marketing to customers that you are implementing this practice.
- Increase hand-washing requirements for all employees entering the kitchen and food preparation areas.

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