

The background of the slide is a dark blue color with numerous light blue, stylized virus particles scattered across it. These particles are spherical with a textured surface, resembling coronaviruses. A vertical white line is positioned on the left side of the slide, partially overlapping the text.

Kitchen Safety Guidelines

CARING FOR SOMEONE WITH COVID-19

March, 2020

IF YOU ARE CARING FOR SOMEONE WITH COVID-19

- If you are caring for someone who is sick due to COVID-19, that person should wear a facemask. If they are not able to wear a facemask (for example, because it causes trouble breathing), then assign the sick individual to a separate room.
- When caregivers enter the room of the sick person, they should wear a facemask and gloves to protect themselves from exposure.
- Avoid sharing personal items and food, drinks, etc. with others.
- Provide separate eating utensils (preferably disposable), towels, and bedding to the sick person.
- Wash the items used by the sick individual separately with soap and water and/or in a separate load for proper cleaning and sanitation.
- Clean their room and bathroom, as needed, to avoid unnecessary contact.

IF YOU ARE CARING FOR SOMEONE WITH COVID-19

- Always wash your hands with soap and water thoroughly after cleaning.
- If you are sharing spaces/bathroom with a sick person, you should wear gloves and disinfect door knobs, light switches, faucets, toilets and any other high-touch areas the patient has used with the disinfectant wipes.
- [CDC's guidelines](#) on cleaning and disinfecting a home shared with someone with a suspected case of the coronavirus.
- If one person is infected or suspects they have the coronavirus, the sick person should isolate and the whole household should quarantine in the home for 14 days, according to public health officials. If you don't have a confirmed test, but the family member is exhibiting all of the symptoms of the virus, you should probably err on the side of caution and stay quarantined.

RECOMMENDED TRAININGS & RESOURCES

Food Safety Training Requirements

- It is recommended that there's at least one [Certified Food Safety Manager](#) in the Gurdwara kitchen. The certified person can be the cook or any employee responsible for safe food handling and who may insure that other sevadars use proper food handling techniques.
- All regular sevadars involved in the preparation, storage or service of food in a langar hall must obtain a [Food Handlers Card](#).

Additional guidance can be obtained from the following:

- [Santa Clara County](#)
- [San Francisco County Department of Public Health](#)
- [United States Department of Agriculture \(USDA\)](#)

ABOUT THE AUTHOR

The content in this deck is compiled by Ashmeet Kaur who specializes in Global Food Safety, Risk Management and Regulatory Compliance. Ashmeet has a Master's Degree in Nutritional Science and is a Certified Professional in Food safety through the National Environmental Health Association (NEHA).

Disclaimer and Acknowledgement

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This is not medical advice. If you need medical advice or information, please contact your primary health care professional. We encourage you to get the most current information from reputable sources like the [FDA](#), the [CDC](#) and the [WHO](#).

If you have any questions or want to share feedback, please contact us at VirsaCollaborative@gmail.com



THANK YOU!

Waheguru Ji Ka Khalsa, Waheguru Ji Ki Fateh!