

# Best Practices for Food and Drink

Eating and drinking with others is still considered a high-risk activity. Please make sure to practice caution and follow these best practices when conducting this activity.

## Before Eating or Drinking

1. Wash your hands for 20 seconds or more or use a hand sanitizer (60% alcohol+) before you eat or drink.
2. Clean and disinfect the area.

## While Eating or Drinking

1. Eat outside and alone when you can.
2. If you eat inside, eat alone and remain in your designated area. Do not eat/drink and walk around.
3. If you eat in a breakroom or shared area:
  - a. Sit alone at a table.
  - b. Keep a minimum of 6 feet distance between yourself and others. 8 to 10 feet distance is optimal.
4. Order boxed lunches and distribute after meetings. Do not consume meals at meetings.
5. Avoid buffets and shared foods such as potlucks.



## After Eating or Drinking

1. Clean and disinfect the area.
2. Wash used, non-disposable food service utensils with dish soap and hot water.
3. Wear a face mask when not eating or drinking.

Visit the [COVID-19 Resource Center](#) for related information and important safety videos.

**Questions?** Contact [EHS@usc.edu](mailto:EHS@usc.edu), [covid19@usc.edu](mailto:covid19@usc.edu), or the COVID-19 hotline 213-740-6291.