



Q&A: Food Safety and Nutrition related to COVID-19

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Can I get COVID-19 from eating fresh foods, like fruits and vegetables?

How should I wash fruits and vegetables in the time of COVID-19?

Can the virus that causes COVID-19 live on the surface of food packaging?

Can the virus that causes COVID-19 be transmitted through the consumption of cooked foods, including animal products?

Is it safe to go to grocery stores and other food markets?

Is it safe to have groceries delivered?

What is the best household disinfectant for surfaces?

What foods should be consumed to support the immune system?

Can micronutrient (vitamin and mineral) supplements prevent COVID-19 in healthy individuals or cure it in those with COVID-19 disease?

Are vitamin D supplements needed if individuals are not exposed to sunlight due to lockdowns?

Are there any herbal teas or herbal supplements that may help prevent or cure COVID-19?

Can probiotics help prevent COVID-19?

Can eating ginger help prevent COVID-19?

Can eating garlic help prevent COVID-19?

Can adding pepper to your soup or other meals help prevent or cure COVID-19?

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