

Disinfect groceries and food to keep COVID-19 away



Wash your hands thoroughly with soap and water before handling fruits and vegetables.



Wash fruits and vegetables thoroughly with clean water.



Do the same for plastic packed items or tetra packs. For added safety, you can use an alcohol-based wipe to clean the surfaces.



Avoid purchasing unpackaged dairy products from a market.



If you buy milk from a milk-man, ensure ample social distance while buying. **Boil the milk immediately** after purchase. Wash your hands before touching other surfaces.



Avoid eating uncooked foods, such as raw vegetables or cold salads.



Unpackaged food that cannot be washed must be stored at a dedicated place for at least 72 hours before consumption.

Quarantine duration for packaged materials

Aluminium



2-8 hours

Wood



4 days

Plastic



2-5 days

Metal



5 days

Paper



3 hrs-5 days

Ceramic



5 days

Steel



2-28 days

Glass



4-5 days