

## Seafood Safety and COVID-19

In response to concerns over food safety during the COVID-19 pandemic, this document highlights the benefits of consuming seafood from local harvesters.

For up-to-date information on COVID-19 in New Jersey, please go to:

[www.Covid19.nj.gov](http://www.Covid19.nj.gov)

### Is seafood safe to eat?

According to the CDC there is no evidence to support transmission of COVID-19 associated with food. New Jersey seafood is a safe, healthy, local option for at home cooking.

Seafood is a low-fat protein high in vitamins and minerals that supports a healthy immune system.

For example, oysters are packed with immune system boosters and anti-oxidants like Vitamins B-12, Iron, Selenium, Copper and Zinc and they are less than 100 calories per serving.

It is always recommended that before preparing or eating food to wash your hands with soap and water for 20 seconds for general food safety.

Now is a great time to try out those recipes you've saved but did not have time to make. Just remember that the FDA recommends cooking seafood to an internal temperature of 145-degrees.

### Safe Handling

Seafood processors already follow strict handling guidelines, known as Hazard Analysis Critical Control Point (HACCP), to ensure your food is safe.

HACCP is a management system in which food safety is addressed through the analysis and control of biological, chemical, and physical hazards from raw material production, procurement and handling, to manufacturing, distribution and consumption of the finished product.

<https://www.fda.gov/food/hazard-analysis-critical-control-point-haccp/haccp-principles-application-guidelines>

### Protecting Consumers

For more information on food safety and what industry members can do to protect consumers and employees, please see:

<https://www.fda.gov/food/food-safety-during-emergencies/food-safety-and-coronavirus-disease-2019-covid-19>

For more information go to:

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

<http://www.fao.org/2019-ncov/q-and-a/en/>

<https://www.fda.gov/food/buy-store-serve-safe-food/selecting-and-serving-fresh-and-frozen-seafood-safely>