

Is it safe to order take-out during the pandemic?

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Illustration by Peter Hamlin

Is it safe to order food via take-out or delivery?

Unlike some germs, there's no indication the coronavirus can spread through food, according to the [U.S. Food and Drug Administration](#).

"This is a respiratory virus, not a foodborne virus ... you can't catch it

from eating food," says Michelle Danyluk at the University of Florida, which published [tips](#) on [food safety](#) amid the pandemic.

The biggest concern remains person-to-person contact. Contactless delivery, in which the order is left outside the recipient's door, reduces that risk.

For take-out, the FDA advises restaurant workers and customers to stay at least six feet from others.

The risk from packaging is "likely very low," [according](#) to the Centers for Disease Control and Prevention.

To be safe, Danyluk advises [hand washing](#) before and after touching food or packaging.

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