

1. INTRODUCTION

Dear All,

Latest reports from around the world have been slightly positive over the past few weeks. Communities are showing further understanding towards social distancing hence slowing down the infection rate of COVID-19 in the countries we operate.

As of 11 May 2020, the CK family across all our operations remain COVID-19 free! Please continue to maintain and display best practices that include reduced unnecessary outings, frequent handwashing followed by sanitization, the use of a face mask when in public and practicing social distancing.

While the food service industry will have to reconsider and adapt to stringent safety measures, continuous research efforts from around the globe currently proves that there is no evidence of food being a route of transmission for the Coronavirus and COVID-19. More on Page 2.

The leadership team will continue to monitor the best information outlets as we continue to plan and remain committed to provide the safest food.

Stay SAFE & Healthy!

Gordon Joseph
HSE & Compliance Manager



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Coronavirus & food safety. Is it connected? More on Page 2



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2. CORONAVIRUS & FOOD SAFETY

The World Health Organization, European Commission for Health & Food Safety, HSE - UK along with several other official agencies have been looking into the relation in between food and the COVID-19.

The research up to now proves that there is no proven risk of COVID-19 infection through the consumption of food! The route of transmission for the COVID-19 occurs when infected droplets enter a

healthy human body through the nose or mouth.

We are closely monitoring trusted sources to identify science-based investigations and research information. CK will implement the highest of safety standards to protect our employees, our communities, and our customers!



EUROPEAN COMMISSION
DIRECTORATE-GENERAL FOR HEALTH AND FOOD SAFETY
Crisis management in food, animals and plants
Food hygiene

COVID-19 and food safety

Questions and Answers

4.1. Can I get infected by the consumption of certain food?

According to food safety agencies in the EU Member States, it is very unlikely that you can catch COVID-19 from handling food. The European Food Safety Authority stated in addition that there is currently no evidence that food is a likely source or route of transmission of the COVID-19 virus⁷.

No information is currently available on whether the virus responsible for COVID-19 can be present on food, survive there and infect people. However, despite the large scale of the COVID-19 pandemic, there has been no report of transmission of the COVID-19 via consumption of food to date. Therefore there is no evidence that food poses a risk to public health in relation to COVID-19.

The main mode of transmission for COVID-19 is considered to be from person to person, mainly via respiratory droplets that infected people sneeze, cough, or exhale.

Potential transmission of COVID-19 via food



It is highly unlikely that people can contract COVID-19 from food or food packaging. COVID-19 is a respiratory illness and the primary transmission route is through person-to-person contact and through direct contact with respiratory droplets generated when an infected person coughs or sneezes.

There is no evidence to date of viruses that cause respiratory illnesses being transmitted via food or food packaging. Coronaviruses cannot multiply in food; they need an animal or human host to multiply.

COVID-19 and Food Safety: Guidance for Food Businesses: Interim guidance

COVID-19 and food safety: guidance for food businesses

Interim guidance
7 April 2020

Food and Agriculture Organization of the United Nations | World Health Organization

Background

The world is facing an unprecedented threat from the COVID-19 pandemic caused by the SARS-CoV-2 virus (referred to as the COVID-19 virus). Many countries are following the advice from the World Health Organization (WHO) regarding the introduction of physical distancing measures as one of the ways in which transmission of the disease can be reduced.¹ The application of these measures has resulted in the closure of many businesses, schools, and institutes of education, and restrictions on travel and social gatherings. For some people, working from home, teleworking, and on-line or internet discussions and meetings are now normal practices. Food industry personnel, however, do not have the opportunity to work from home and are required to continue to work in their usual workplaces. Keeping all workers in the food production and supply chains healthy and safe is critical to surviving the current pandemic. Maintaining the movement of food along the food chain is an essential function to which all stakeholders along the food chain need to contribute. This is also required to maintain trust and consumer confidence in the safety and availability of food.

The food industry should have Food Safety Management Systems (FSMS) based on the Hazard Analysis and Critical Control Point (HACCP) principles in place to manage food safety risks and prevent food contamination. Food industry FSMS are underpinned by prerequisite programmes that include good hygiene practices, cleaning and sanitation, zoning of processing areas, supplier control, storage, distribution and transport, personnel hygiene and fitness to work – all the basic conditions and activities necessary to maintain a hygienic food processing environment. The Codex General Principles of Food Hygiene² lay down a firm foundation for implementing key hygiene controls at each

The purpose of these guidelines is to highlight these additional measures so that the integrity of the food chain is maintained, and that adequate and safe food supplies are available for consumers.

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The most recent advice from the WHO³ is that current evidence indicates that COVID-19 virus is transmitted during close contact through respiratory droplets (formed on coughing or sneezing) and by fomites.^{4,10} The virus can spread directly from person-to-person when a COVID-19 case coughs or sneezes, producing droplets that reach the nose, mouth, or eyes of another person. Alternatively, as the respiratory droplets are too heavy to be airborne, they land on objects and surfaces surrounding the infected person. It is possible that someone may become infected by touching a contaminated surface, object, or the hand of an infected person and then touching their own mouth, nose, or eyes. This can happen, for instance, when touching door knobs or shaking hands and then touching the face.

Recent research evaluated the survival of the COVID-19 virus on different surfaces and reported that the virus can

Excerpts from the European Food Safety Authority & W.H.O documents on COVID-19 and food safety are placed below and can also be found online on their official websites.

3. WORKING FROM HOME ERGONOMICS

As we support global efforts in defeating the COVID-19 and practice social distancing, we maybe asked to work from home.

In most work settings, we are required to adapt our bodies and mind to the work environment. Ergonomics is the science of understanding how to adapt the work environment to the human body.

By taking simple measures, we can greatly ease any discomfort and reduce the chances of any long-term illness on our bodies when working at home. Following best ergonomic practices reduces over all physical strain, prevents any harm while boosting our productivity throughout the day!

In addition to the tips provided in the diagram below, keep the following key points in mind:

- ✓ The screen height must be slight lower than your eye height.
- ✓ The ideal desk height should be slightly lower than a relaxed elbow height
- ✓ When standing and working, stand on something soft or wear sport shoes!
- ✓ Remember to take at least a 5-minute break for every continuous working hour!
- ✓ Prevent from standing or sitting for too long at once.

Work From Home (WFH) Ergonomics

YOU CAN CREATE A PAIN-FREE, PRODUCTIVE WORKSPACE BY USING THESE SIMPLE RESOURCES

FIX 1 YOUR LAPTOP SETUP



You will need:

- ✓ Texts/Books/Boxes to act as a screen and laptop riser. Boxes can also become a footrest
- ✓ Rolled up towel can provide lower back support
- ✓ A cushion for your chair to act a comfort padding
- ✓ Running shoes to increase comfort when you want to