



STATE OF WASHINGTON
DEPARTMENT OF CORRECTIONS
P.O. Box 41100 • Olympia, Washington 98504-1100

December 21, 2020

TO: All Incarcerated Individuals

FROM: Washington DOC COVID-19 Medical Group

SUBJECT: Information Regarding COVID-19 Transmission through Food

According to the Centers for Disease Control (CDC) and US Food and Drug Administration (FDA), there is no evidence of food or food packaging being associated with the transmission of COVID-19.

It is important to recognize that unlike foodborne gastrointestinal (stomach or intestine-related) viruses that often make people ill through contaminated food, COVID-19 is a virus that infects and is spread through the respiratory system.

The virus is thought to spread mainly from person-to-person. This includes between people who are in close contact with one another through respiratory droplets produced when an infected person talks, yells, sings, coughs or sneezes. It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their mouth, nose or possibly their eyes; but it is not believed to be the main way the virus spreads at this time. Throughout the day, wash your hands after blowing your nose, coughing, sneezing, or going to the bathroom and before eating.

Remember that the best ways to mitigate the spread of COVID-19 are to wear a face covering, physically distance yourself from others and wash your hands frequently.

cc: Prisons/Health Services Unified Command Incident Commanders
Rob Herzog, Assistant Secretary – Prisons Division
All Superintendents
All Work Release Supervisors