

# Food is not a source of COVID.

Entotrust Team | ELYTRA

If you think that this cannot happen in your country, as in China or Italy, or that the situation cannot be worst, you may be wrong.

Being in contact with many countries we witness daily the spread of virus at different stages as well as the very different measures taken by local governments to prevent or contain it.

For our understanding we suggest strict personal prevention measures as soon as possible, for two basic reasons: first, the virus can be transmitted via **human proximity** as well as contact with uncleaned **surfaces**, second, the **incubation** time is more than few days until symptoms become evident.

Keeping this in mind good news is that the virus is not transmitted by food. The COVID disease is the respiratory syndrome recently declared to be a pandemic infection by the WHO, caused by the SARS-CoV-2 virus.

EFSA's chief scientist, Marta Hugas has declared that, according to available studies carried out on similar viruses spread in the past (SARS-CoV and MERS-CoV), **there are no existing evidences of transmission through food consumption**. Thus, despite animals are the more likely initial source of the virus, the current transmission at worldwide level is human-to-human and do not involve food itself.

**And this is valid also for insect-based foods**, a recent review (Maciel-Vergara & Ros, 2017) describing viruses known to be present in insects, farmed for food and feed, **did not identify any evidence of Coronaviruses in insects**. The potential of insect farming to be a source of COVID through contact with live insects or production and/or ingestion of insect-based product has not any scientific base, to date.

However, proper food handling and processing practices such as the frequent washing of hands before and during food preparation, proper cooking and storage of food are, as always, recommended.

**Stay home, be safe.**

*Sources and related links:*

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

[https://ec.europa.eu/health/coronavirus\\_en](https://ec.europa.eu/health/coronavirus_en)

<https://www.efsa.europa.eu/en/news/coronavirus-no-evidence-food-source-or-transmission-route>

US, FDA. *Food Safety and the Coronavirus Disease 2019 (COVID-19)*: <https://www.fda.gov/food/food-safety-during-emergencies/food-safety-and-coronavirus-disease-2019-covid-19>

[https://www.bfr.bund.de/en/can\\_the\\_new\\_type\\_of\\_coronavirus\\_be\\_transmitted\\_via\\_food\\_and\\_toys\\_-244090.html](https://www.bfr.bund.de/en/can_the_new_type_of_coronavirus_be_transmitted_via_food_and_toys_-244090.html)

Maciel-Vergara, G., & Ros, V. I. D. (2017). *Viruses of insects reared for food and feed*. *Journal of Invertebrate Pathology*. <https://doi.org/10.1016/j.jip.2017.01.013>

## About ENTOTRUST

ENTOTRUST is the voluntary insect-food certification, an independent and science-based organization established in 2018, which allows producers to assess their food safety and sustainability. ENTOTRUST mission is to recognize quality insect farmers and products. Nudging the people decision when buying new alternative food and working with the stakeholder's network to improve the scientific knowledge and best practices. The ENTOTRUST logo is a registered trademark, which can only be used by certified producers and farmers. For more information, please visit <http://www.entotrust.org>

The ENTOTRUST certification program envisions a world where edible insects will supply healthy food, making high value proteins accessible to a wider population with important environmental and social benefits.