

Special Situations

Your Eating Syle

Don't

- Don't eat out at restaurants until Day +100 (all patients) to avoid exposure to crowds.
- Don't eat takeout.
- Don't eat food prepared at a friend's or family member's home.

Do

- Think about how you normally eat, then think about substituting with safe foods. Check out the frozen foods in your grocery store. Double check to make sure all the ingredients are safe.

Hotel

Don't

- Don't eat out until Day +100 (all patients).
- Don't eat takeout.
- Don't eat food prepared at a friend's or family member's home.
- Don't buy more cold food than your small hotel room fridge will hold.
- Don't store refrigerated or frozen food in a cooler.
- Don't put hotel ice in your drinks.

Do

- Stock up on non-refrigerated factory packaged food items.
- Buy factory packaged food that is ready-to-eat and only needs heating.
- Shop frequently so you can safely store perishable food in the small hotel room fridge.
- Use a cooler for non-perishable items you like cold - like soft drinks.
- Use paper plates and disposable silverware.
- Cook food according to package instructions and make sure it is cooked completely.
- Keep leftovers in the fridge and throw them away after 24 hours.

At Dana-Farber

Don't

- Don't go into the cafeteria if you can avoid it – there are too many people and germs.
- Don't eat unpackaged food like pizza, the salad bar, hot meals or cooler meals.
- Don't eat anything that isn't factory packaged.
- Don't drink fountain sodas.

Do

- Plan ahead and bring safe snacks and drinks with you.
- Send someone else to get safe food for you if you need to eat cafeteria food.
- Select factory packaged food and drinks from the safe food lists.
- Find somewhere away from other people before you take off your mask and gloves to eat.
- Remember that hospitals are not germ-free – sick people come here!
- Wear your mask and gloves!

Hunters

Don't

- Don't field dress game yourself.
- Don't butcher game meat yourself.
- Don't eat game that isn't fully cooked, like some jerky and sausage.

Do

- Cook game meat completely - fowl to 180° F and other game to 170° F.
- Have someone else field dress and butcher your game.