

Cloth face masks are recommended for non-medical workers according to the CDC.
Face shields are only to be worn in addition to a cloth mask.
Below are guidelines for wearing a mask for maximum protection.

DO:

- Wear a cloth mask with 2 - 3 layers.
- Start your shift with a fresh, clean mask.
- Wash your hands before and after touching/adjusting your mask, every time.
- Wear your mask snug around your face.
- Make sure your mask covers your nose and chin.
- When wearing a mask, only remove when eating or drinking.
- Wash your mask in hot water and dry completely every day.

DO NOT:

- Share your mask with anyone.
- Touch the front of your mask when handling the mask.
- Reuse a mask without washing & drying.
- Wear a torn or damaged mask.
- Wear a mask that is too tight or restricts breathing.
- Wear a wet or damp mask.



For more information about wearing masks visit <https://www.cdc.gov>



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