HOW TO WEAR A MASK

In light of the COVID-19 outbreaks, World Central Kitchen is taking extra precautions to protect its employees and community. WCK recommends all personnel wear a mask when out in public and interacting with other people. Like anything, in order for a facemask to be effective, it’s important to know how to use it!

1. **Always wash your hands with soap and water before putting on and removing a mask.**

2. **Make sure the mask is completely covering your nose, mouth, and chin, with the colored side facing out.**

3. **Pinch the mask at the bridge of your nose to keep it secure.**

4. **To remove a used mask, hold only the ear loops and lift away from your face.**

5. **Change and dispose of your mask if it becomes soiled or wet.**

6. **Wash your hands with soap and water after disposing the used mask in a designated PPE trash can.**

**Source:**

CDC guidance remains that people who are not sick do not need to wear face masks, unless they are caring for someone who is sick.