

# HOW TO USE THE MASK AT MEALTIME

1



Head to the restaurant or canteen wearing your mask, and clean your hands before serving!

2



Keep the mask on while you get the tray, plates and meal.

3



Respect social distance of 1.5m while seated, accommodate the tray, just then remove the mask.

4



Store the mask in an hermetic box during the meal. Don't leave it on the table, the tray or around your neck.

5



After the meal, replace the disposable or washable mask with a clean one.