

FACE MASK UPDATE – July 29, 2021

Sacramento County Department of Public Health has ordered that effective July 30, 2021 at 12:01 a.m. Use of Face Coverings shall be worn, regardless of vaccination status, over the mouth and nose, in all indoor public settings, venues, gatherings, and workplaces.

Effective at 12:01 a.m. Friday, July 30, 2021 employees working at:

- **Food 4 Less Mack Road**
- **Food 4 Less Rio Linda**
- **Food 4 Less Rancho Cordova**

are required to wear face mask while performing their job duties. Only when employees are actively drinking or eating can they remove their face mask.

If you need a face mask – please contact your Store Director. They also have a limited supply of N95 masks.

To review face mask procedures:

How to wear it:

- You should ideally wash your hands before picking up the mask.
- The masks usually have a blue (or orange) side and a white side. Blue/orange should face outwards.
- The masks may have a small aluminum strip that bends to fit over your nose. This goes at the top.
- Pick up the mask and with thumb and forefinger over the aluminum strip, bend it over your nose (hold it there).
- With your other hand pull the mask down over your chin.
- Still holding the mask over your nose, now slide the elastic straps over each ear. Some masks have cotton ties that go over and behind your head to secure.
- Wash your hands again.

Important Tips:

- Once you have put the mask on try not to touch the front of it.
- Before you remove your mask, wash your hands thoroughly.
- When removing the mask, grasp by the straps (try not to touch the front) and then lift it away from your face. Place it in plastic bag, like a produce bag.
- Secure bag tightly by tying it in a knot.
- Place plastic bag into the garbage can. DO NOT LEAVE LYING AROUND.

