

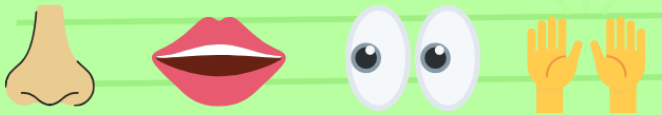


# MAKE YOUR OWN PPE



You need to protect yourself from viruses, especially when leaving home.

You should wear special gear to cover:



This gear is called Personal Protective Equipment or PPE.

**Actual PPE follows strict guidelines to be protective. But home-made PPE can be fun and good for learning!**

Can you make your own face masks, gloves, goggles, or hand covers?

## THE RULES

1. Make sure to be with an adult for this activity
2. Find: adhesive tape, aprons, ribbon, plastic bags, garbage bags, sunglasses or gloves
3. Find safe ways to cover you nose, eyes, mouth and hands. Now you have on PPE!

**WARNING: Do not place plastic or garbage bags over your head!**



DIY Tip: The things you need can be found at home.

Are you protected? Are there any holes or ways germs can reach your nose, mouth or eyes?