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 homemade 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 your 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?

For more games and activities visit: [www.preparecenter.org/kidskit](http://www.preparecenter.org/kidskit)