



# CDC Recommendation on Homemade PPE: Mask, Gloves, Eye Protection



Use an extra t-shirt



Poke your head through the hole



Grab each of the sleeves



Bring sleeves behind your head



Tie the sleeves together behind your head



Tuck away excess



“Mask Shirt” tucked into blouse



Worn with cover



Cover and eye protection



Cover, eye protection, gloves



Still cover your cough  
Do NOT touch front of mask with hands!



Homemade PPE ready