



What is PPE for and why are people wearing it?



PPE stands for **PERSONAL PROTECTIVE EQUIPMENT.**



PPE includes **face masks and gloves.**
You might have seen people wearing these on the news, or in your town.



It can look a bit strange and scary, but people are wearing it for a reason.



PPE helps people to **avoid catching the Covid 19 virus or giving it to someone else.**



Some people have to wear PPE for their work.

PPE includes:

- Face Masks
- Goggles
- Gloves



- Aprons
- Hospital Gowns
- Face Shields
- And full body suits called Hazmat suits.



In hospitals **doctors and nurses are using PPE.**

Without PPE they look this.



But when they are **wearing PPE** they can look like this.



Underneath they are still the same people though.

They are wearing PPE to help keep themselves and other people safe



**cornwall
people first**

	<p>Some people are wearing PPE such as face masks and gloves when they go shopping</p> <p>You can do this too if you want to But at the moment the rules say you don't have to.</p>
	<p>Remember it is still important to:</p> <ul style="list-style-type: none">- Stay two metres apart from other people when you are out. <p>(Two metres is about the length of a bed).</p>
	<ul style="list-style-type: none">- Wash your hands regularly. <p>Remember to wash your hands :</p> <ul style="list-style-type: none">- When you come in from outside- Before you touch food- Before you eat a meal- After you have been to the toilet- And at regular times throughout the day.
	<p>Each time you wash your hands you should wash them for 20 seconds.</p> <p>That is about the same as singing Happy Birthday twice over!</p> <p>Stay safe and well. See you soon!</p>