



Suggested personal protection equipment (PPE) for households during the fall and winter

This fall and winter carry the risks of COVID and cold and flu season. You may want to start to prepare by having these five types of PPE at home to help keep you and your family safe.

Masks



Cloth and/or disposable. Masks with multiple layers are most effective.

Amount per person:

- * Cloth -- 4
- * Disposable -- one box of 50

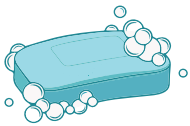
Face Shields



Use a face shield along with a mask for an extra layer of protection.

Amount per person: 1

Soap



For germs and virus on hands, washing with soap is one of the best ways to avoid infections.

Amount per person:

- * Four ounces of liquid soap or one bar soap per week

Hand Sanitizer



If you do not have access to soap and water, hand sanitizer is a way to disinfect your hands and should contain at least 60% alcohol. Warning: please check the hand sanitizer brand you use is not on the FDA "do not use" list. Also, check with your doctor if prolonged use will have any negative health effects for you or your family.

Amount per person:

- * One 8 oz. bottle for home, or four 2 oz. mini-bottles for pockets and purses

Disinfectants



Use disinfectant spray or wipes on frequently-touched surfaces.

Amount per family:

- * Wipes: One box of 100 packets, or one tub of 100 pull-up wipes
- * Spray: 32-oz. bottles for convenient use; 64-oz. refills

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