

SPREAD THE WORD. NOT A VIRUS.

TIPS TO PREVENT TOUCHING YOUR FACE

Touching your face can be a real health risk. All it takes is one virus to hitch a ride on a contaminated finger and slip into the body through a nostril or wet part of the face. And yet it is still so hard to stop touching our faces. Below are some tips to help prevent you from touching your face.



Pull/clip your hair back



Keep your hands busy



Wear textured gloves



Use scented soap
smell can make you more aware of your actions



Wear glasses/sunglasses
to create a barrier between your eyes and hands

ALSO



Wipe down cell phones and computers often

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