

REDUCE FACE TOUCHING

Tips from behavioral scientists to reduce the spread of COVID-19

Increase Awareness

- Ask a partner to tell you when you touch your face
- Wear perfume or bracelets to remind you not to touch your face
- Carry a pen and paper to record how often you touch your face each day

Help Others

- Think of the people you are trying to protect by not touching your face
- Gently remind others when you notice them touching their face

Do Other Things with Your Hands

- Put your hands in your pockets
- Hold a ball or deck of cards in your hands
- Make fists with hands for 1 minute if you bring your hands near your face

Change Postures

- Keep your elbows off the table
- Sit in chairs without armrests, or in the middle of the couch
- Sit on your hands if it's hard to not touch your face

Practice Relaxation Techniques

- Focus on taking long, slow, deep breaths and on relaxing muscles that feel tense
- Sit in a quiet place and focus on the present moment rather than the past or future
- Spend time in nature at a safe distance from others, even sitting under a tree

