



## CORONAVIRUS #CHOPTHECURVE

# DON'T TOUCH YOUR FACE!

## YES, IT'S HARD. TIPS ON HOW:

### **#1 - Hold something to keep your hands busy**

By holding a stress ball, trinket or small item in your hands they are kept busy and reduce the number of times you touch other things, including your face.

### **#2 - Wear something to alert you to this habit**

Wearing noisy jewellery, a bright wristband, vivid nail polish will help you notice your hands more and prompt a conscious choice on where they are going.

### **#3 - Create a counter-habit instead**

Acknowledge the urge to touch your face and do something else - clap your hands together, touch your knee, look for a "fix" to stop the urge repeating again.

### **#4 - Have a backup plan in place**

When the urge to touch your face is undeniable, wash your hands first and use a clean tissue instead of your hands. It takes days to break a habit.