Do Not touch your eyes, nose or mouth (i.e. facial mucous membranes = T Zone*) the portal of entry for ALL respiratory infections.

- What we need to try doing is bring the act of touching our face into consciousness.

- Keep your hands occupied: a hand-occupying activity like holding onto something, tapping out the lyrics of a song, squeezing a stress ball could do the trick.
• It also helps to place reminders like Post-it notes in your office so you can see them and remember you want to keep your hands away from your face.

![Note on laptop](image1.jpg)

• **Change your position:** If you’re sitting at a desk or table, or in a meeting, avoid putting your elbows on the table. Instead, place your hands underneath you, or fold them in your lap, so you have to do more work to bring them up to your face.
• If you’re in a meeting or sitting in a class, lace your fingers together and placing them in your lap.
Substitute better behaviors. Get up for a stretch, take a drink of water, and give yourselves a hand massage if you're about to touch their faces.

Create a "counter-habit." The trigger is noticing your hand is moving to your face. One obvious thing is to divert it and scratch the back of your head -- redirect it.
• When it is a physical need like an itch, for example, build a substitute behavior, use the back of the arm. You reduce the risk, even if it's not an ideal solution.

• A new web-based app, donottouchyourface.com, uses artificial intelligence to help people avoid touching their faces. Via a webcam, it learns the user's behavior patterns and sounds a warning if their hand strays to your face. Once it's been trained, it can be left in an open tab or a minimized window and uses web notifications to ping you if you touch your face – or, if you leave the window visible, to put a large red NO on screen.
• Rub heavily scented lotion, perfume or hand sanitizer on your hands so you smell it every time your hands come close to your face.

• **Keep washing your hands and social distancing:** Even with a concerted effort, you’re probably never going to completely stop touching your face. But if you’re keeping a safe distance from others and keeping your hands clean, that’s not such a big deal. So hand-washing and social distancing remain your first lines of defense.