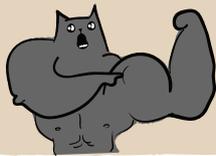


# HOW TO TOUCH YOUR FACE LESS

The average person touches their face over **20 times per hour**. Breaking this habit is really, really difficult. It's so ingrained in what we do, it should be considered human behavior, not a bad habit. That being said, there are still ways to learn to touch your face *less*. These tricks are stopgaps intended to train your foul little fingers to stop prodding that extraordinary, marvelous face of yours.

## Touch a different body part

Creating a counter-behavior is a proven way to break a bad habit. Every time you feel the need to touch your face, try touching your arm instead.



I am touching my muscles ...  
for safety.

## Hold a toy



Try holding a (disinfected) Rubix Cube, stress ball, or action figure. This will keep your hands busy and cut down on the number of times you touch your face.

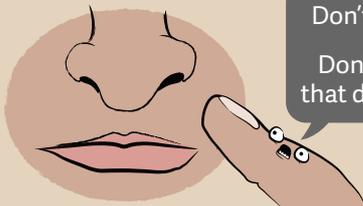


Play with me. Play with He-Man.  
Do it for the greater good.

## Wear a stupid thing

Put on a wristband, costume jewelry, or even colorful rubber bands. This won't stop the spread of disease, but it's a clever way of interrupting your brain's bad habit of jamming your fingers into your eyes, nose, or mouth.

A foreign object can act as a sensory clue that helps turn an unconscious habit into a *conscious* one. It's a way of telling your brain to pay attention to this strange phenomenon happening on your hand.



Don't do it, Cheryl.  
Don't put me into  
that dark hole again.

\* Just be sure to remove and wash the object every time you wash your hands.

## Acknowledge the urge

Simply reminding yourself not to touch your face isn't going to get you anywhere. Suppressing urges only makes them worse. Instead, acknowledge the urge and then practice your counter-behavior.



I am once again touching my  
extraordinary muscles ...  
for safety.

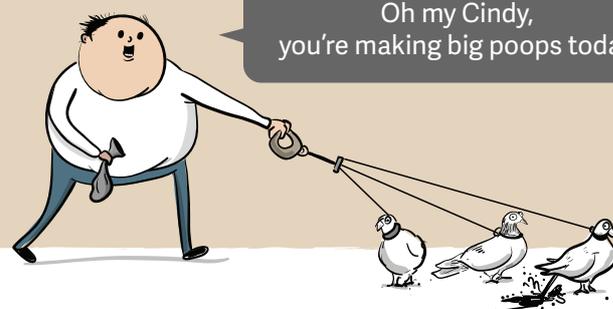
## Use a tissue to touch your face.

And wash your hands first, otherwise you're just touching your face with a contaminated tissue.



## Remember: your fingers are like pigeons.

they are dirty, mindless creatures.  
And unless properly trained,  
they will wander.



Oh my Cindy,  
you're making big poops today!