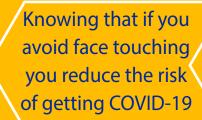


## Tips for Minimizing Face Touching







Identify and control the reasons why you touch your face

Keep tissues nearby to use instead of your hands



Keep your hands busy

Place notes at your frequent places to wash hands before face touching



Practice meditation and relaxation techniques