

## How to Stop Touching Your Face



Health care officials want people to avoid touching their faces to prevent COVID-19. However, that is easier said than done.

We touch our faces a lot. We rub our eyes. We scratch our noses. We put our fingers in our mouths. Researchers in 2015 watched a group of medical students. They touched their faces about 23 times an hour.

**Infections** like the coronavirus spread when a sick person sneezes, coughs, or laughs. The person spreads droplets that land doorknobs, keyboards, or light switches. The next person who touches that **surface** picks up the virus on their hands.

That's why health officials recommend people wash their hands often and avoid touching their face. The **virus** can travel into our body through our eyes, nose, and mouth. Most of us are not aware when we touch our face.

So...how do you break such a **habit**?

**Create a Reminder**

One way is to remind yourself. Set an alert on your phone, perhaps every hour that says, “Don’t touch your face.” Put a sticky note on your work computer, the bathroom mirror, or in the car.

**Practice with a Scarf**

Healthy people don’t need to wear face masks. But wearing something similar to a mask on your face can help you realize just how often you’re touching your nose and mouth.

**Adorn Your Fingers**

Wearing cotton gloves around the house or placing small strips of tape on your fingertips can make touching your face feel different. This will help you realize how often you touch your face.

**Park Idle Hands**

When your hands aren’t busy, sit on them or hold them in your lap. This will help you avoid the temptation to touch your face.

**Take Care of Yourself**

Get enough sleep and keep your stress level down. Having a clear mind will allow you to be more aware of good habits to avoid the virus.

---

**Check Reading Comprehension**

1. What are two ways experts say can help stop the spread of germs?
2. What are three ways that we touch our face?
3. What did a study from five years ago show about how often we touch our faces?
4. What is one way to break the habit of touching your face?

**Discussion Questions**

1. What tip to stop touching your face seems most realistic to you?
2. What else are you doing to stay healthy?