

# CORONAVIRUS PREVENTION



## WASH YOUR HANDS. DON'T TOUCH YOUR FACE.

*Wash Your Hands* and *Do Not Touch Your Face* are two of the simple preventive measures that have been presented clearly and consistently by medical professionals in regards to protection against the coronavirus. Here is a tip sheet on those behaviors.

### WASH YOUR HANDS.

- \* Wet your hands with clean, warm or cold, running water.
  - \* Lather soap by rubbing hands together.
  - \* Be sure the lather gets to the back of your hands, between your fingers and under your nails.
  - \* Scrub for 20 seconds or more.
  - \* Use clean running water to then rinse your hands.
  - \* Air dry, or use a clean towel, to dry your hands.
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- \* For key times to wash hands, such as before eating, after touching animals, after treating a wound and more, click here : [When To Wash Hands To Prevent Getting and Spreading Germs](#)

### DON'T TOUCH YOUR FACE.

- \* Keep tissues close. Use tissues, instead of your fingers, when you need to touch your face such as when itching or rubbing your nose, or adjusting your glasses.
  - \* Identify triggers for touching your face, so that you can deal with them differently. For example, if you rub your eyes because they are dry, use moisturizing eye drops instead.
  - \* Find another means for keeping your hands busy, such as using a stress ball. Or lace your hands together to avoid touching your face.
  - \* Practice general stress reduction techniques such as meditation, mindfulness or focusing on your breathing.
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- \* For additional information, click here : [How To Stop Touching Your Face](#)

For additional information and recommendations on coronavirus prevention, such as: **frequently cleaning your work station, phone, and other surfaces you touch, avoiding contact with those who are sick, and wiping down or using a paper towel to touch public surfaces such as doorknobs**, visit this website: [Centers for Disease Control and Prevention](#)

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