



مستشفى الملك فيصل التخصصي ومركز الأبحاث  
King Faisal Specialist Hospital & Research Centre  
مؤسسة عامة Gen. Org.

# Tips for Minimizing Face Touching

Knowing that if you avoid face touching you reduce the risk of getting COVID-19



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