

# How not to touch my face? 4 simple tips prevent Covid-19 epidemic

We know that not touching your face is really hard, be it from daily routine or simply itching. However, in the complicated situation of the current Covid-19 epidemic, try to follow these 4 tips to reduce the risk of infection for yourself.

Facing the epidemic situation with unpredictable fluctuations as currently, we need to raise awareness and proactively protect our health by promptly updating the necessary information every day.



In addition to updating the situation, the Ministry of Health also makes important recommendations in limiting and avoiding hand contact with facial skin. The hands on the face (nose, mouth, eyes .) are all potential risks for viruses to enter the body.

Every day, our hands come into contact with many objects such as door handles, elevator buttons, handles on public transport - places where viruses can exist. From accidental touching, the virus will cling to the fingertips and have the opportunity to infect our bodies through seemingly innocuous habits when putting hands on the face.

*"It is very difficult for you to change that habit because most of us do so, and more dangerous is that we are not even aware when we are doing so."* - Dr. Vanessa Raabe, assistant professor of medicine at NYU Langone Health said.

Chúng tôi biết rằng việc không chạm lên khuôn mặt của mình thật sự là rất khó, có thể là từ thói quen hàng ngày hoặc đơn giản là bạn chỉ ngứa. Tuy nhiên trong diễn biến phức tạp của dịch Covid-19 hiện nay, hãy cố gắng làm theo 4 tips sau để giảm nguy cơ lây nhiễm cho chính bản thân mình.



The key to not touching your face any more is that you have to abandon a habit that becomes evident and a part of life. That's hard, and it's not something we say we don't do, we don't do. But there are a few small tips to help you get distracted and remind you not to let your finger "land on the face". This information has also recently been posted on the Corona Virus Shield page that you can immediately refer to:

Pay attention and always keep them in mind to make sure, your beloved hands are not a bridge to bring the virus to your face and straight into your body!

## 1. Keep a tissue box beside you



When you feel itchy on any part of your face, prepare to rub your nose, or adjust your glasses with your hands . take a tissue and use it instead of using your hands directly. her to make contact with your face.

If you feel you need to sneeze but don't have a tissue, use your elbow to cover your mouth, not your hand to cover your mouth. This advice has been advised by health experts in recent days.

## 2. List the things you have to touch your face, and replace it with another action

Liệt kê những việc khiến bạn phải chạm tay vào mặt, và thay thế nó bằng một hành động khác



Pause for a moment to think and be aware of **when** and **why** you often touch your face? Knowing the root cause will help you be aware and have a treatment for each habit. For example, you may rub your eyes because your eyes are dry, use eye drops, or if you are using your hands to support your chin - change by crossing your arms . all of which should be noted. seriously and to get rid of those bad habits gradually.

Dr Justin Ko, an associate professor of clinical professor of dermatology at Stanford Health, said he often told his patients to switch from contact lenses to regular glasses to reduce the risk of them having to rub their eyes. . Similarly, he says wearing a mask only helps us in part about stopping fluids from viruses from shooting at us. The key is still not to touch your nose or mouth with your hand to prevent the infection.

In addition, you can also stick small notes in places where your eyes often pay attention to such as working corners, study corners, on computer screens . to remind yourself to adjust your habits.

### 3. Keep your hands busy

## Giữ cho tay của bạn luôn bận rộn



Doctors say to correct this habit of touching the face, you can also try replacing it with holding stress relief balls or other items that can help you reduce the frequency of the habit. And of course you have to regularly clean those items!

If you don't have those items, try other busy ways like organizing emails, hanging out, or simply crossing your arms so you don't have the habit of putting your hands on your face.

Using scented soaps or lotions is also an effective option, says Zach Sikora, a clinical psychologist with Northwestern Medicine in Chicago. When you put your hand near your face, you will smell the fragrance and will help you remind yourself not to touch your face anymore.

Even the US president: Donald Trump has difficulty adjusting to this habit: *"I have removed the habit of touching my face for weeks now"* - when he spoke in a meeting with the CEO of Airlines.

#### **4. Relax and keep your hands clean**

## Thư giãn và giữ tay luôn sạch



Stew Shankman, professor of psychiatry and behavioral science at Northwestern University, said: *"My general advice is that people should try to reduce stress over all, rather than the obsessive anxiety of what they touch "*. Stress affects your immune system, and the more you stress, the less your body's ability to fight off infection.

He advises people that it is most effective to always try to keep yourself and your mind comfortable in the present moment. Changing a habit is long-term, but as long as you keep it in your head with seriousness and determination, you will gradually reduce it and do it. Until then, keep your hands clean and disinfected whenever you go out, go home, or before eating and drinking. Touching your face is a natural habit of humans, but at the present time, we need to realize that it is not good and protect ourselves in every way.

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