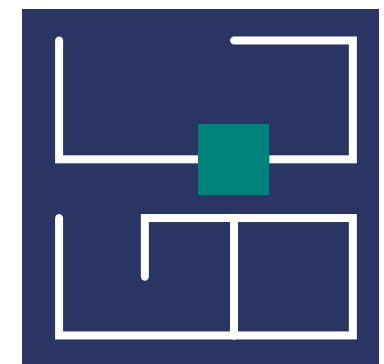




## Tips on how to stop touching your face

- When you feel the urge to touch your face, touch your arm instead
- Keep your hands busy, try having a stress ball nearby
- Limit the use of contact lenses
- Make not touching your face a competition, give your child a reward for not touching their face



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