

# The Don't Touch Your Face Challenge



Floating Doctors is asking all Americans to put a simple act into bold action to help decrease the spread of #coronavirus. Not touching your face is harder than it sounds, so we want to help by encouraging everyone to take the #dtyf challenge.

1. Make and wear your very own barrier to physically and mentally practice self-mindfulness and protection by covering your face with a mosquito net or veil.
2. Post on social using #dtyf.

## Head Net & Veil Resources

### MOSQUITO HEAD NETS

[AMAZON](#)

*Please be sure to use Amazon Smile!  
Largest variety of head nets (with and without hats and in a wide range of colors)*

[BASS PRO SHOPS](#)

[REI](#)

[WALMART](#)

### VEILS

[AMAZON](#)

*Please be sure to use Amazon Smile!*

[ETSY](#)

*Large variety to suit your personal taste*

### MAKE YOUR OWN

*Just be sure it is long enough to cover your chin!*

[Bandeau Veil](#)

[Birdcage Veil](#)