

# My daughter has a habit of hand mouthing. Is she at increased risk of catching coronavirus?

The current advice we are receiving from the Government is to avoid touching our face. Unfortunately, people who hand mouth would appear to be at an increased risk of coronavirus (COVID-19), though there has been no reporting from the Health Department to confirm this.

The recommended steps around hand hygiene and cleaning surfaces will help to protect your daughter, as will limiting her exposure to touching surfaces and being close to other people in the community.

If possible:

- Encourage your daughter to wash her hands and face regularly. Protect the skin by applying a moisturiser or barrier cream.
- Clean items which your daughter touches with a suitable household detergent or disinfectant regularly (consider the item/surface).
- Try limiting the people your daughter sees outside of the house. If your daughter receives support from others, they should be aware of the extra precautions that are required.
- If possible, limit the times your daughter goes out but remember it is essential to:
  - attend medical appointments; and
  - exercise, such as go for a walk
- When out of the home, try to discourage your daughter from touching frequently touched areas/items, such as handrails on travellers, shopping trolleys, door handles.
- If unable to access soap and water when out use a hand/face wipe then apply a hand sanitiser to hands.
- Wash hands before and after you care for your daughter.

References:

Australian Government (2020). [Coronavirus \(COVID-19\) Health Alert](#).

Government of Western Australia Department of Health (2020). [COVID-19 environmental cleaning in non-healthcare settings \(home and workplace\)](#)