

# 7 HANDSHAKE ALTERNATIVES FOR YOUR GOOD HEALTH

## 1) VERBAL GREETING

A verbal 'Hello' is simple and effective. Quickly follow your greeting with a question or a continued introduction of yourself. Jumping right into conversation will make for a smooth transition, handshake free.

## 2) FOOT TAP

Similar to foot-operated door openers, a foot tap keeps your exchange germ-free. Plus, the unusual greeting can lighten the mood of any business meeting.



## 3) HEAD NOD

Body language experts identify a small nod combined with a smile, signals encouragement and bonding. Furthermore, a head beckoning – the slight toss of the head backwards or quick dip of the head forward – is a signal of recognition. Try it – it works!

## 4) AIR-FIVE

Cool and casual, the air-five is a fun variation of a "high five" without making contact. Best fit for colleagues, friends, and familiar faces.



## 5) THUMBS UP

A thumbs up is a universal gesture indicating approval. I approve meeting you.

## 6) WAVE

There are different types of waves: A large, overhead wave gains attention from across the room.

Small up and down movements of fingers can signify a safe, unassuming greeting.

A stationary hand, quick open/close of the palm is a confident, succinct hello.

Queen's wave – self-explanatory.

Find a signature wave that suits your personality or mix it up. The world is your (waving) oyster.

## OF COURSE, MAKE A DECISION THAT MAKES SENSE FOR YOU.

Meeting a new contact without a handshake will require practice. To keep your greeting pressure-free, stickers will be available at your choosing that read "No Handshakes, Please."

Wash your hands often. Stay home if you feel ill.

Public Health



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