



COVID-19 Safe Workplace Guidance

Addressing Fogging of Glasses Due to Face Mask Usage

Unfortunately, one of the consequences of utilizing face masks is the propensity of fogging of glasses. When we wear a mask, warm breath can escape through the top edges, along the tops of our cheeks. When the hot air lands on cooler lenses, it creates condensation on the surface and a foggy film.

Mitigations to limit fogging of glasses can be found in the steps outlined below:

MASK ADJUSTMENT

- **Mold your mask.** Some medical masks have built-in, bendable metal strips that you can mold to the bridge of your nose.
- **Tighten the mask.** Adjust the ties or the ear loops so the mask fits snugly against your face. Most of the breath should be going through the mask. If you feel the air going in or out around the mask, tighten the ties.
- **Pull up your mask.** An easier tip for day-to-day mask wear is to use the weight of your glasses to block the air. Pull the mask up over the bridge of the nose as high as you can (make sure it's still under your chin too) and let your glasses rest on top of the mask.
- **Tape your mask.** Another option is to use white athletic or medical tape or even an adhesive bandage to seal the top of the mask around the bridge of your nose. Don't use nonporous household tapes like packing tape or duct tape, which could irritate skin.

COMMERCIAL ANTI-FOG LENS TREATMENTS

- **Commercial wipes.** Commercial wipes contain a combination of absorbent silicone compounds mixed with ethanol. The user wipes the underside of the glasses or goggles, and when the alcohol evaporates, it leaves behind a thin transparent layer that resists fogging.
 - Anti-fog treatments generally require a specific application consistent with manufacturer's instructions. For example: the manufacturer may recommend a single wipe across the lens versus wiping back and forth as one would do when they are cleaning a smudge from a lens.

HOME LENS TREATMENTS

- **Soapy water.** Soap acts as a surfactant (which stands for surface active agent) and the soapy water leaves behind a thin film that stops the water molecules from forming droplets that lead to fog.
- **Other home remedies.** Suggestions for treating lenses this way include baby shampoo, or shaving cream. Challenges of treating your lenses is adding enough of the substance to stop the fog, but not so much that the coating itself blurs the lens.

Place a very tiny drop of liquid baby shampoo or shaving cream on each lens. • Rub it around with your fingers to cover the entire lens on both sides. • Wipe dry with Kleenex or cloth...do not rinse. Ultimately, individuals may have to remove their safety eyewear more frequently to wipe the lens free and to re-don the eyewear. When this is the case, please ensure that this is done when tasks which present eye hazards are paused. Also, it is important to perform hand hygiene anytime you adjust your mask or safety eyewear.