







**COVID-19: FACE COVERINGS**  
Tips to Help with Glasses Fogging



Below are tips for issues you may be having with your safety and/or prescription glasses fogging as a result of the face covering requirement. Please reach out to EHS with questions or concerns!

<p><b>Use the Larger Safety Glasses</b></p> <p>The proximity of the glass lenses to the eyes seems to matter. The closer your safety glasses sit to your face, the increased potential there seems to be for fogging. Our larger safety glasses sit further away from the face and may cause less of an issue for you.</p> 	<p><b>Try Bandanas Instead of a Mask</b></p> <p>Some employees have had less of an issue with using a bandana instead of a mask. <b>We are looking into whether we can provide bandanas as an option.</b> As a cloth covering, these would have to be laundered daily by the employee.</p> 
<p><b>Wash Your Glasses with Soapy Water</b></p> <p>Try washing your glasses with soapy water. Shake off the excess, then let them air dry or gently dry with a soft tissue before putting them back on. The soapy water creates a thin 'surfactant' film that temporarily prevents the surface tension that causes glasses to fog up from breaths directed upward by face masks.</p> 	<p><b>Use an Anti-Fogging Spray</b></p> <p>There are anti-fog sprays for glasses on the market which <b>we are looking into as an option.</b> Shaving cream has also shown effectiveness, as has Rain-X water repellent spray. None of these are permanent solutions but should extend periods of relief.</p> 
<p><b>Ensure Proper Nose Fit</b></p> <p>Ensure your mask is properly and tightly fitted to the bridge of your nose. This helps reduce the amount of breath released upwards, which is the cause of the fogging. Cloth face coverings may not have the means to bend the fabric around the bridge of the nose, but the disposable surgical masks we are providing have a piece of wire you can use for this purpose.</p> 	<p><b>Try Taping Mask Down</b></p> <p>Employees have reported success taping the top of masks to their face, preventing their breath from traveling upward. Please use tape designed for use on human skin. Do not use duct tape, scotch tape, or electrical tape. <b>We are looking into a bulk purchase of first aid tape you can use for this purpose.</b></p> 
<p><b>Consider Ear Savers</b></p> <p>Some employees have been experiencing discomfort from loops on masks. <b>We have ordered 'ear savers' which allow you to connect the loops behind your head to reduce the tension.</b> We'll let you know when these are available!</p> 	<p><b>Alert us to Medical Conditions!</b></p> <p>As a reminder, if you have a personal medical condition which places you at risk when wearing a face covering, please contact EHS immediately and we will look at other options. We appreciate your support and ongoing effort to help keep our community safe and healthy.</p>