

**COVID-19
EYECARE
ADVICE**

HOW TO WEAR GLASSES WITH A FACE MASK



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**NATIONAL EYE
HEALTH WEEK**
MONDAY 21 – SUNDAY 27 SEPTEMBER 2020
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TIPS TO KEEP YOUR SPECS FOG FREE

Hot breath escaping from the top of a face mask can cause your spectacles or sunglasses to steam up, making it difficult to see clearly.

So, we've compiled these top tips to help Britain's 30 Million+ spectacle wearers beat the fog!

Keep your lenses clean

Cleaning your lenses with your regular spectacle lens cleaning solution creates a thin film on the surface of the lens that can disperse fine water molecules in your breath and help prevent the lens misting up.

If you don't have any lens cleaner to hand, try washing your lenses in warm soapy water.

Carefully wash your spectacles or sunglasses in soapy water – washing-up liquid works well – shake off any excess water and leave to air dry (or gently dry with a soft cloth).

Never use a paper towel or your sleeve to dry your lenses and avoid abrasive cleaners.

Apply anti-fog lens coatings or sprays Your dispensing optician can advise on anti-fog lens

coating or off-the-shelf sprays, waxes or gels.

Seal it up Use double-sided sticky tape to ensure your mask fits snugly across the bridge of your nose and cheek bones. This is not recommended for extended wear.

A good fit A well fitted mask will dramatically reduce the amount of air escaping. Masks with a mouldable frame can help you achieve a good fit.

Double strap tying technique

A trick used by hospital surgeons is to tie the top straps of a surgical mask firmly below the ears before tying the bottom straps above the ears around the crown of the head to form a snug fit and vent air from the side.

Breathe in a downwards direction

As a temporary fix you can try breathing downwards so the air you breathe out flows away from your glasses. Try holding your upper lip over your lower lip, then blowing air downward, as if you're playing a flute.

Remember – always fit your mask to your face, not to the frames of your glasses!

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