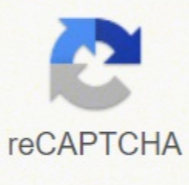




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## How to wear a face mask with glasses without fogging up

Wearing a mask or other face-covering during coronavirus (COVID-19) pandemic may interfere with breathing, speaking, and people admiring your beautiful face. Besides, who wants to talk through a face mask? And how do you deal with an awkward interaction when trying to show friendliness to people passing by? In the words of Coco Briscoe, Trusted Source [When Face Masks Hide Your Smile and Other Emotions](#). The New York Times [Go to Source](#) 1 a comedian in Los Angeles, it's like you're both staring at each other, and you're smiling, only they can't see that you're smiling or sticking out your tongue at them. But wearing a mask alongside social distancing and hand hygiene helps keep ourselves and the community safe. Trusted Source [How to Protect Yourself & Others](#) Centers for Disease Control and Prevention [Go to Source](#) 2 While face masks are crucial during the pandemic and increasingly become an essential part of our wardrobes, those with glasses have experienced an annoying phenomenon. Put the two items on your face and make them work together; the result will be fogged glasses every time you exhale. Argh! Why do glasses fog up in the first place? Our glasses fog up when warm breath escapes from the top of our mask and hits the cooler lens of the glasses. Trusted Source [7 ways to avoid foggy glasses when wearing a face mask](#). All About Vision [Go to Source](#) 3 The process is similar to when you open the oven, drink a hot tea or coffee, or even work out. With this global pandemic and all its implications to worry about right now, the last thing we need is a steam room effect on our glasses and bump into light poles, grocery carts, or unsuspecting displays of Hot Cheetos. If you have a good vision without glasses or wear contacts, more power to you. As for the rest of us, let's look at a few tips from the American Academy of Ophthalmology (AAO) to help maintain a fog-free view on our glasses: Trusted Source [How to Wear a Face Mask Without Fogging Your Glasses](#)... American Academy of Ophthalmology [Go to Source](#) 4 Tighten the fit of the mask If the mask does not fit tightly on your face, the moisture from your breath heads towards the eyes, causing the glasses to fog up. A mask that fits your face snugly is less likely to fog the glasses. If possible, tighten the sides of your mask for a good fit. Patrick Shaw, an Optical Shop manager at the John A. Moran Eye Center, University of Utah, suggested twisting the loops once and putting them over your ears (forming a figure eight when viewed from the side). And if the mask has a wire inside the top edge, pinch it over the bridge of your nose to fit comfortably. Trusted Source [Tips for Avoiding Foggy Eyeglasses When You Wear Your...](#) University of Utah Health [Go to Source](#) 5 Try using medical or athletic tape to close the gap between the bridge of your nose and the top of your mask. Rest your glasses over your mask Pull your mask up high on your nose, and rest your glasses on top of it. Doing so will help secure the fit and prevent the warm breath puffed out the top of the mask. Make sure that your mask still fits properly over your face. Unless you're a goldfish, your mask should entirely cover your nose and mouth. Wipe your lenses before wearing them Before slipping on a face mask, wash your glasses gently with soapy water, then let it air dry or dry your glasses using a soft lens cloth (do not use your t-shirt, no matter how tempting it may be). Stay away from harsh chemical products like baby shampoo, toothpaste, or shaving creams. Trusted Source [7 ways to avoid foggy glasses when wearing a face mask](#). All About Vision [Go to Source](#) 6 and definitely don't use spit. Anti Fog Lenses This is not a quick fix for your foggy-lens problem, but if you're looking for new glasses, you might consider buying lenses with an anti-fog coating. As the name implies, an anti-fog coating may be a hassle-free answer to your foggy lenses, regardless of whether the obstructed vision is by a face mask or something else. Trusted Source [7 ways to avoid foggy glasses when wearing a face mask](#). All About Vision [Go to Source](#) 7 Sources HomeConditionsCoronavirus | En Español By John Egan and Adam Debrowski Two years into the pandemic, there's one thing that still puzzles millions of eyeglass wearers: How to put an end to mask-induced foggy glasses once and for all.The answer may depend on the glasses, the mask, or both.Here are a handful of things you can try to reduce the fog on your lenses — or even get rid of it altogether:Wash your lenses with soapy waterSeal the mask around the edgesMake sure the mask fits wellAdjust your glassesUse de-fogging productsTry to breathe downwardUse anti-fog lenses1. Wash the lenses with soapy waterBefore you put on your face mask, try this:Wash your glasses or sunglasses lenses with soapy water.Shake off the excess moisture.Let the glasses air dry or gently dry them with a clean microfiber cloth.Using this method, the lenses shouldn't fog up once you put on the mask and glasses, according to one study.Cleaning the lenses with soapy water leaves a thin film that reduces the "inherent surface tension" and prods the water molecules to form a transparent layer.To avoid damaging your lenses, don't clean them with household products such as baby shampoo, toothpaste or shaving cream, says Dr. Joanna Slusky, the founder of Halsted Eye Boutique in Chicago.SEE RELATED: How to properly sanitize your glasses and contacts2. Seal the maskA common trick employed by doctors involves sticking a piece of double-sided tape across the bridge of the nose before putting on a mask, says Shaun Veran, co-founder of OURA, whose wellness products include reusable face masks. "If you place the double-sided tape between the inside of the mask and the bridge of your nose, it will create a better seal." Veran says. "You can also place an additional piece of cellophane or masking tape over the mask as well."3. Make sure the mask fits wellA loose-fitting mask aims exhaled air directly toward your glasses, but a snugly fitting mask directs air out of the bottom or sides of the mask — away from your glasses.Veran recommends certain features to help achieve a better fit:Masks with foldable pieces around the nose (such as a metal strip)Masks that come in various sizes"If the mask is well-fitted, it will dramatically help to prevent the amount of hot air that can reach the lenses," Veran says."Make sure that your face mask has a snug fit around the nose bridge," he adds. "The more conformed the mask is around the bridge of your nose, the less of that hot air will end up hitting your lenses."If you've crafted your own cloth mask, create a seal around the nose by inserting a moldable item into the upper part of the mask, Slusky says. This could be a paper clip, pipe cleaner, twist tie or a folded piece of aluminum foil.4. Adjust your glassesIf your glasses have nose pads, you can tweak the pads so that the frames sit slightly farther from your face, according to optician Shannen Knight, owner of A Sight for Sport Eyes in West Linn, Oregon."This will allow that hot air to escape instead of getting trapped between your face and the lenses of the glasses," she says.Knight cautions that altering the nose pads may slightly change your vision if you wear glasses with progressive lenses, or lenses with a strong prescription.If that happens, you might need to hold your head at a different angle to compensate for the vision change, she says.5. Try de-fogging productsApplying over-the-counter anti-fogging sprays, waxes and gels to your lenses before putting on your glasses can quickly disperse tiny fog droplets when you're wearing a mask, Knight says."Some work better with different body chemistry, so you may need to try a few brands to see which one works best for you," she says.Knight warns against using anti-fogging products designed for cars or other purposes, as they might ruin your prescription lenses.SEE RELATED: Anti-fog for glasses6. Breathe downwardIt might be awkward, but breathing downward can be a quick anti-fog fix, Slusky says. This sends more air away from your glasses.How do you breathe downward? Hold your upper lip over your lower lip. Then blow air downward, as if you're playing a flute.7. Consider anti-fog lensesThis won't fix your foggy-lens problem right away, but you might want to consider buying lenses with an anti-fog coating (such as Optifog lenses).An anti-fog coating gives you a hassle-free answer to foggy lenses, regardless of whether the obstructed vision is triggered by a face mask or something else.SEE RELATED: Face masks reduce coronavirus spread, but don't protect your eyesWhy do my glasses fog up in the first place?Body heat and air flow lead to foggy lenses, Knight says.When you're wearing a face mask, you repeatedly breathe out warm air. This air then can sneak out of the top of your mask and steam up the lenses of your glasses. Of course, this can make it difficult to see.According to the same study, a face mask directs much of the exhaled air upward.The "misting" of lenses happens when warm water vapor from your breath lands on the cooler lenses, producing tiny droplets that scatter light and reduce the lenses' ability to transmit contrast (when light colors remain light and dark colors remain dark). "The droplets form because of the inherent surface tension between the water molecules," the study's authors said.For the latest information on masks and mask guidelines, visit the CDC mask hub.READ MORE: Are more people considering LASIK to avoid foggy glasses? Page published in May 2020 Page updated in January 2022



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