

Tips for Wearing Glasses with Masks

Going back to school in the time of COVID-19 most likely means your child will have to wear a mask during school hours. If your child also wears glasses, it can be a struggle for kids to see if their glasses keep fogging up! Here are some tips that may help with preventing glasses from fogging up.

1. Be sure the mask has a tight fit on the nose. If your child's mask does not have a wire band to make a tight fit, you can use soft tape along the bridge of the nose and the mask.
2. **The glasses should be worn slightly forward so the nose piece of the glasses is over the mask to help push down on the mask to prevent the glasses from fogging up.**



Good fit with glasses over and pushing down on the mask with no fogging up of the glasses.



Poor fit with glasses rim under the mask will lift the mask and allow glasses to fog up.

3. There are several commercially available anti-fog lens wipes that do help with preventing fogging.
4. There are some reports that show dish soap or toothpaste helps prevent fogging. The most common recommendation is to use a mild dishwashing detergent like original Dawn. However, use with caution. If your child's glasses have anti-reflective coating, these home remedies may damage the lenses or coating on the glasses. If you have any concerns with the home remedies, check with your optical shop or optician.
5. If your child is experiencing blurred vision or eye strain with increased computer use, it is not from the mask fogging up the glasses, but rather from decreased blinking. This causes dryness of the eyes and can lead to digital eye strain. We recommend that your child follow the 20-20-20 rule if on devices for long periods of time: every 20 minutes look at something 20 feet away for 20 seconds.
6. Blue light glasses are not recommended as they do not prevent fogging up of glasses or digital eye strain.