Tips for stopping your glasses fogging up when wearing a mask
What you can do

1. **PUT YOUR GLASSES OVER THE FACE MASK** - ensuring it is pinched at the nose

2. **CLOSE THE GAP ON SURGICAL MASKS** — mould the nose bridge at the top of your surgical mask to your face to reduce the gap that allows warm moist air up to the glasses.

3. **SOAP AND WATER** — wash your glasses with soap and water (such as regular washing up liquid), then dry them with a microfibre cloth. This type of cloth typically comes free with each pair of glasses. You can also buy cheap microfibre cloths from most optometrists. Facial tissues may leave lint, which attracts moisture to the lenses. Soap reduces surface tension, preventing fog from sticking to the lenses.

   Video - https://www.youtube.com/watch?v=L_bncNnjV5k

4. **SHAVING FOAM** — apply a thin layer of shaving cream to the inside of your glasses, then gently wipe it off. The residual shaving cream will protect the lenses from misting up.

5. **DE-MISTING SPRAY** — you can use a commercial de-misting spray that dries clear. But make sure this is compatible with your lens type or existing coatings on your lens.

6. **DAMP TISSUE** — slightly moistening a tissue, folding it and placing it under the top edge of the mask also does the trick.

7. **TAPE** — apply a strip of tape (micropore tape available at pharmacies) along the bridge of your nose and cheeks, then put your glasses on.

8. **NYLON STOCKING** — You can also get a snug fit across the cheeks and bridge of the nose by wearing a layer of nylon stocking over a face mask.

Nylon stocking layer over facemask