

This document provides useful tips for contact lens wearers and spectacle wearers to help make your mask wear more comfortable. Wearing a mask is essential to help reduce the spread of COVID-19, but for many people wearing a mask can cause other challenges such as causing spectacles to steam up or eyes feeling drier than normal.

## Seeing clearly masks & contact lenses



- ✓ Contact lenses are a safe and effective way of seeing clearly and comfortably while wearing a mask.
- ✓ Apply your contact lenses before placing your mask on your face.
- ✓ Wear a close-fitting mask, or one with a carefully taped top edge which may help direct the air flow downwards. This helps to reduce eye dryness sometimes associated with mask use.
- ✓ Lubricating drops may help with comfort, so ask your eye care professional to recommend a suitable eyedrop which best suits your individual needs.
- ✓ Avoid touching your face and eyes during the day, and always wash and dry your hands before and after handling your contact lenses.

## Seeing clearly masks & spectacles/sunglasses



- ✓ Wear a close-fitting mask, or one with a carefully taped top edge which may help direct the air flow downwards.
- ✓ Place your spectacles/sunglasses on top of your mask so they are not directly in contact with the face.
- ✓ Move your spectacles/sunglasses slightly further down your nose allowing hot air to escape instead of getting trapped between your face and your spectacle/sunglasses lenses.
- ✓ Wash your spectacles/sunglasses regularly with soapy\* water and shake off the excess moisture. Then let them air dry or gently dry the lenses with a clean microfibre cloth.
- ✓ If your spectacles/sunglasses often steam up, apply anti-fogging sprays, waxes or gels to disperse tiny fog droplets, or consider buying spectacle/sunglasses lenses with anti-fog coatings.

**BCLA** - Bringing the global contact lens and anterior eye health community together through the process of sharing knowledge, education and networking  
<https://www.bcla.org.uk>

**EUROMCONTACT** - The voice of the contact lens and contact lens care manufacturers in the EU  
<https://euromcontact.org>

**MATERIAL ONLY FOR EYE CARE PRACTITIONERS TO ADVISE THEIR PATIENTS**  
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### Sources and further reading:

- ▶ <https://core.uwaterloo.ca/covid-19/>
- ▶ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3293317/>
- ▶ <https://link.springer.com/article/10.1007/s40123-020-00282-6>
- ▶ <https://www.allaboutvision.com/coronavirus/avoid-foggy-glasses-face-mask/>
- ▶ <https://www.aaopt.org/eye-health/tips-prevention/face-mask-foggy-glasses-coronavirus-covid>
- ▶ <https://www.healio.com/news/primary-care/20200807/ama-campaign-urges-americans-to-wear-face-masks>
- ▶ <https://globalnews.ca/news/7288246/face-mask-dry-eye/?fbclid=IwAR3KvgGwPFTFHnheOfTleOR3Ak6P-EWqWOFQ3wRJM0E0DngWm7AjlMwY10Q>

\*Do not use any particular soap/detergents if they are too aggressive and might degrade any coatings.