

Guidelines for Preventing Fogging of Eyewear Including Safety Glasses

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Fogging of eyewear, including safety glasses can generally be attributed to a face covering that fits poorly around the nose and allows warm, exhaled air to be directed on to lenses. Below are some tips that EHS has collected which may help prevent or reduce fogging.

- Choose a face covering that has a bendable nose piece that can be molded to fit tightly around the bridge of the nose. Note that the face coverings available through the MIT COVID Store are equipped with this feature.
- In the event you do not have a face covering that provides a good seal around the nose, it may be helpful to use a skin-safe adhesive tape to seal your face covering. It should be noted that using tape on skin could lead to irritation especially if used frequently. If tape is used, it should be designed for use on skin and have hypoallergenic properties. While no tape is truly hypoallergenic, certain tapes marketed as hypoallergenic paper tape may be the best option. One such product can be found on Amazon using this [link](#).
- Some vendors sell anti-fog spray coatings that can be applied to your eyewear. If such a product is used, it should be checked to see that is compatible with the lens material and any anti-reflective coatings. One product that has shown success at MIT Optical is a product called Fog Free +. This product is effective on all lenses including those with anti-reflective coatings and can be used on regular eyeglasses, and prescription and non-prescription safety glasses. It's available from multiple vendors including Amazon see this [link](#). In one test, this product was shown to keep most of the lens clear for a period of 2 to 3 days. You'll need to follow manufacturer's instructions for reapplication. If commercial anti-fog coatings are cost prohibitive, one "hack" that has been demonstrated to provide some anti-fog benefit is shaving cream. Apply the shaving cream, then wipe with a clean dry cloth.
- Commercially available safety glasses are available that are treated with anti-fog coatings. The effectiveness of these coatings is unproven and if a decision is made to purchase such safety glasses, it may be best to purchase a single pair to vet the effectiveness.
- Simply washing your eyewear with soap and water prior to wearing your face mask may also help, according to this study: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3293317/>