

How to Prevent Glasses From Fogging When Wearing a Face Covering

1. Wash the lenses with soapy water

Wash your glasses or sunglasses lenses with soapy water and shake off the excess moisture. Then, let your glasses air dry or gently dry the lenses with a clean microfiber cloth.

Cleaning 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 damage, don’t clean your lenses with products like baby shampoo, toothpaste or shaving cream.

2. Seal the mask

Stick a piece of double-sided tape across the bridge of the nose before putting on a mask to create a better seal. You may also place an additional piece of cellophane or masking tape over the mask.

3. Make sure the mask fits well

A loose-fitting mask lets exhaled air head toward your glasses, but a snugly fitting mask can shoot that air out of the bottom or sides of the mask and away from your glasses. For a better fit, look for masks equipped with moldable pieces around the nose, such as a metal strip.

4. Adjust your glasses

If your glasses have nose pads, you can tweak the pads so that the frames sit slightly farther from your face. This will allow that hot air to escape instead of getting trapped between your face and the lenses of the glasses. By sliding your glasses a little lower down your nose, you can keep them out of the way of moist air escaping from the top of the mask.

5. Try de-fogging products

Applying 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. Do not use anti-fog spray designed for cars or other purposes, as they might ruin your prescription lenses.

6. Breathe downward

Breathing downward by holding your upper lip over your lower lip. This sends the air away from your glasses.

7. Check out anti-fog lenses

This won’t fix your foggy-lens problem right away, but you might consider buying lenses with an anti-fog coating.