



The previous Teaching Tip offered strategies to improve communication while teaching when wearing a face mask. Effective communication also requires observing non-verbal feedback from your students which is difficult to do if your glasses keep fogging up. Many of us must wear glasses with our masks and the exhaled warm air escaping from the top of a mask can cause mist to appear due to your lenses being cooler. The purpose of this Teaching Tip is to offer strategies to prevent your eye glasses from fogging.

- **Wash your lenses with soapy water:** The soapy water will leave a thin surfactant film on the lens (Malik & Malik, 2011). This film will reduce the surface tension causing the water molecules to disperse evenly into a transparent layer and should prevent annoying mist. Try using a solution of warm water and dish soap. Either air dry or use a microfiber cleaning cloth (Visionworks, n.d.).
- **Seal the mask to your nose:** Be sure your mask is tightly sealed to the bridge of your nose. Look for a mask with a moldable nose piece to minimize warm air escaping (Egan, 2020). For a more secure seal, try adding double-sided piece of tape across the bridge of your nose.
- **Position your mask high and snug:** Raise the mask high on your nose using your glasses to hold it in place. (Visionworks, n.d.). Be sure your mask fits securely to help prevent air from escaping. For more tips on how to properly wear masks, visit the [CDC site](#).
- **Adjust your glasses:** To allow for more warm air to escape, if possible raise your glasses higher on your nose by adjusting nose pieces if you have them. Caution, this may not work well if you have progressive lens or a strong prescription (Egan, 2020).
- **Try anti-fogging products:** If the above methods fail, consider trying a commercial product made specifically for eye glasses (Egan, 2020).

In closing, the CTL staff and I are available to assist with all of your course design and instructional technology needs; please call 227-2483 for an appointment or email ctl@nmu.edu. Visit the [CTL calendar](#) to review upcoming professional development offerings. Feel free to contact me for any questions or concerns via my email ctlscholar@nmu.edu

References

- Egan, J. (2020, August). *Wearing a mask? Here are 7 ways to avoid foggy glasses*. All About Vision. <https://www.allaboutvision.com/coronavirus/avoid-foggy-glasses-face-mask/>
- Malik, S. S., & Malik, S. S. (2011). A simple method to prevent spectacle lenses from misting up on wearing a face mask. *Annals of the Royal College of Surgeons in England*, 93(2), 168. <https://dx.doi.org/10.1308%2F003588411X12851639107313b>
- Visionworks. (n.d.). *How to keep your glasses from fogging up when wearing a mask*. <https://www.visionworks.com/article-how-to-keep-glasses-from-fogging-up-when-wearing-mask>