Did You Know...

HOW TO WEAR A MASK WITHOUT FOGGING UP YOUR GLASSES

Face masks and glasses can be an awkward combination that causes your lenses to fog up, making it hard to see. How can you avoid this? Try some of these tips from the Association of Optometrists:

Fit your masks to your face
If your mask doesn't fit your face well, warm air is likely to escape and fog up your lenses. When putting on your mask, make sure to pinch the top of the mask to fit the shape of your nose. If your mask allows it, tighten the sides for a good fit.

Wipe your lenses before wearing them
An anti-fogging solution or even gently washing your lenses with soap and water before wearing them may help. This will help keep water droplets from building up and fogging your lenses

Adjust your glasses
Pushing your glasses forward on your nose will allow more air to circulate and keep your breath from fogging up your vision

Rest your glasses over your face mask
Try pulling your mask up over your nose and rest your glasses on top of it. This will block the air from escaping and prevent fogging. If you try this, make sure your mask still fits properly over your face. Your nose and mouth should be completely covered.

HEALTH & SAFETY
SAFETY MOMENT
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NOBODY GETS HURT
TODAY OR TOMORROW