



BHS Medical Department

Wearing Glasses with Masks

In school in the time of COVID-19 most likely means students will have to wear a mask during school hours. If the students also wear glasses, it can be a struggle for kids to see if their glasses keep fogging up! Here are some tips that may help with preventing glasses from fogging up.

1. Be sure the mask has a tight fit on the nose. If the student's mask does not have a wire band to make a tight fit, you can use soft tape along the bridge of the nose and the mask.
2. The glasses should be worn slightly forward so the nose piece of the glasses is over the mask to help push down on the mask to prevent the glasses from fogging up.



Good fit with glasses over and pushing down on the mask with no fogging up of the glasses.



Poor fit with glasses rim under the mask will lift the mask and allow glasses to fog up.

Ref: Johns Hopkins Medicine