

# Stop face shield and goggle fogging with these five steps...

We lab tested 14 anti-fogging products for face shields and goggles then field tested the 3 most effective options. Our PSW and nursing testers recommend that you use **Dawn dish soap** or **Live Clean baby shampoo** to help you see clearly during client care.

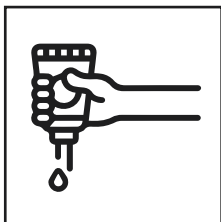
## Instructions

Steps for applying the products to eye protection for anti-fogging:



### Step 1

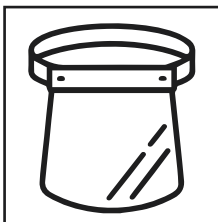
Wipe down eye protection with a clean microfibre cloth to make sure there is no dust.



### Step 2

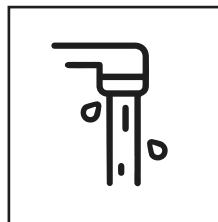
Rub the product onto each side thoroughly for about a minute using fingers or microfibre cloth.

**Face Shield** use a nickel-sized amount ( $\frac{1}{2}$  tsp), and for **Goggles** use a dime-sized amount ( $\frac{1}{4}$  tsp)



### Step 3

Let the product sit on the eye protection for about a minute.



### Step 4

Rinse the eye protection with warm water until it is clear.



### Step 5

Air dry eye protection or wipe lightly with a clean, fine microfibre cloth.

With proper disinfecting between uses, this application should let you see clearly for 2-4 client visits.

**Questions?** email [askcovid-19@vha.ca](mailto:askcovid-19@vha.ca).

# "I CAN SEE CLEARLY NOW THE FOG IS GONE!"

"The dish soap (Dawn) is so easy to use. I work in a retirement home and after applying it once it lasted for a full 8-hour shift with 4 showers. There were no problems, just a very light fog at the end of a hot shower." - Veronica Foisy



"The baby shampoo (Live Clean) is a great option and lasts for up to 2 client showers for me! This depends on how actively you are involved, the shower water temperature and the airflow in the shower." - Roma Liang



"I am happy to share with you the product that I have tried and tested in an extremely hot shower (feels like a sauna - closed door and window, with a fan and portable heater). The baby shampoo (Live Clean) gives clear vision for up to 3 clients." - Joie Francisco

