"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

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.

With proper disinfecting between uses, this application should let you see clearly for 2-4 client visits. Questions? email askcovid-19@vha.ca.





Centre for Research Expertise in Occupational Disease

"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

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"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

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"If you need to apply the solution quickly on the go, try using some diluted product (about 1 part product to 5 parts water) in a little spray bottle. It's convenient and takes 1/4 of the time – but you will need to reapply for each client"

Chrissy Froude

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