




Preventing Eye Protection Fogging

As part of public health measures to mitigate the transmission of the SARS-CoV-2 virus, many public health nurses and family home visitors have been required to wear eye protection during their in-person encounters with clients. When goggles or face shields become foggy, it can be physically uncomfortable for the home visitor and challenging to provide a high-quality interaction with the client and their family. This resource provides evidence-informed guidance on how to prevent the fogging of goggles or face shields. Prior to using this guide review local infection prevention and control policies.



"I really struggled to find good eye protection to wear. Everything would fog up and I would sweat, and I'd be so hot. I found it extremely challenging and distracting in home visits."

Public Health Nurse, Healthy Babies, Healthy Children Program

PRIOR to a home visit...

1. Create an anti-fogging kit to keep with your home visiting supplies: cleaning product (Dawn dish soap or Live Clean baby shampoo),^{1,2} clean microfibre cloths, and clean paper bag to store eye protection in between visits.
2. Prior to a home visit, inform and prepare the client that during the COVID-19 pandemic, eye protection – such as goggles or a face shield – will be one of the types of personal protective equipment (PPE) that the nurse or family home visitor will be wearing during the home visit. Ask them to share this information with anyone else who might be present in the home visit, including children.
3. Explore with the client the safest place for the home visitor to don their PPE prior to the home visit. Some clients may be uncomfortable with, or experience stigma, if a home visitor is seen entering their home in full PPE.

Steps to PREVENT eye protection fogging



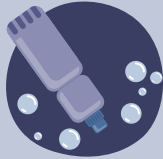
STEP 1

Perform hand hygiene.



STEP 2

Use a clean microfibre cloth to wipe down eye protection and remove any dust.



STEP 2

Apply the cleaning product to each side of the eye protection. Rub for about one minute using fingers or the microfibre. Face shield: use a nickel-sized (1/2 tsp) amount. Goggles: use a dime-sized (1/4 tsp) amount.



STEP 4

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



STEP 5

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



STEP 6

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



STEP 7

Follow local public health unit procedures for disinfecting eye protection at the end of each visit or encounter.

With disinfecting between uses (following local public health unit procedures), this application should let you see clearly for 2-4 home visits.

¹Ameer, H. (2021). Facial protective equipment fogging solutions for homecare providers. VHA Home HealthCare, Research and Innovation. Accessed online <https://www.vha.ca/research/safer-teams/solutions-to-prevent-fogging-of-face-shields-and-goggles/>

²Hu, Y., Wang, L., & Fang, F (2020). Prevention of fogging of protective eyewear for medical staff during the COVID-19 pandemic. (2020). Journal of Emergency Nursing, 46(5), 564-566. <https://doi.org/10.1016/j.jen.2020.05.003>

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