

Measures to prevent goggles from fogging during the treatment of Coronavirus Disease 2019

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Abstract. During these challenging and unprecedented times for the global communities as they battle the COVID-19 pandemic, we found a simple and effective way to prevent the goggles fogging. We hope that it will help the healthcare professionals who are still troubled by the problem of fogging goggles.

Key Words:

Coronavirus Disease 2019 (COVID-19), Goggles, Healthcare professionals.

Introduction

Coronavirus Disease 2019 (COVID-19) has spread rapidly since the outbreak due to the features of high infectivity and general suscepti-

bilities¹. The COVID-19 is possibly transmitted through the eyes, and healthcare professionals have been urged to use goggles when they are in close contact with patients². With untreated goggles, the lenses will fog, affecting the user's vision and reducing their work efficiency.

As the front-line medical staff of the epidemic, we did not master the antifogging skills of goggles at the beginning, and serious fogging caused great trouble to our work. But now we found a simple and effective way to avoid the goggles fogging. The method is as follows.

Firstly, wash the goggles with detergent and dry them (Figure 1A); then, pour the iodophor inside the dried goggles and shake the glasses to ensure that the iodophor evenly covers the surface of the goggles (Figure 1B). It should be



Figure 1. The way to avoid the goggles fogging. **A**, Wash the goggles with detergent and dry them. **B**, Pour the iodophor inside the dried goggles and shake the glasses to ensure that the iodophor evenly covers the surface of the goggles. **C**, After the iodophor on the lens dry naturally, wipe off the iodophor on the frame. **D1**, The goggles treated with this method maintain a good vision after 4 hours of use. **D2**, The untreated goggles fog.

noted that it is forbidden to wipe the lens surface after using iodophor.

After the iodophor on the lens dry naturally, wipe off the iodophor on the frame, and do not touch the lens during the process. Figure 1C shows the goggles after processing, which can be used. As shown in Figure 1D1, the goggles treated with this method still maintain a good vision after 4 hours of use, while the untreated goggles shown in Figure 1D2 will fog and affect the vision.

At present, the global prevention and treatment situation of the COVID-19 is challenging. Although there are currently some better armors, goggles may be the most cost-effective protection against conjunctival infection in general medical units, and iodophor is the most common item in medical institutions. We hope that this simple and effective way will help the healthcare professionals who are still troubled by the problem of fogging goggles.

Authors' Contributions

Yunlong Ding and Jiali Niu drafted this manuscript. Yunlong Ding, Zhiqun Gu and Yan Liu were mainly devoted on

collecting the information. All authors read and approved the final manuscript.

Conflict of Interests

None of the authors report a conflict of interest.

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