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An alternative application of tissue paper

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CLINICAL CHALLENGE

With the outbreak of the novel coronavirus disease 2019 (COVID-19), front-line medical personnel are required to don surgical masks and goggles for personal protection. However, goggles are prone to fogging when worn for extended periods, affecting the vision of medical workers and posing inconvenience in clinical work.

SOLUTION

Tissue paper (Fig 1, A) can be used in combination with surgical masks to reduce the fogging of goggles through the absorption of water vapor exhaled from the mouth and nose. First, a piece of tissue paper is folded in half 2 or 3 times to achieve a certain thickness and water vapor absorption ability. The folded tissue paper should preferably be rectangular, with its long edge shorter than the top edge of the surgical mask and its short edge slightly longer than the distance from the mask pressure point on the nose to the nostrils. It can then be placed on the mask inner surface, with its long edge aligned with the top edge of the mask (Fig 1, B). Subsequently, the mask with the added tissue paper layer can be adjusted to produce an optimum fit. The top edges of the tissue paper and mask should remain aligned; the bottom edge of the tissue paper should be positioned slightly lower than the nostrils (Fig 1, C). Finally, goggles should be worn properly (Fig 1, D) to allow water vapor absorption by the folded tissue paper. This will prevent fogging of the goggles and reduce compression of the skin on the nose.

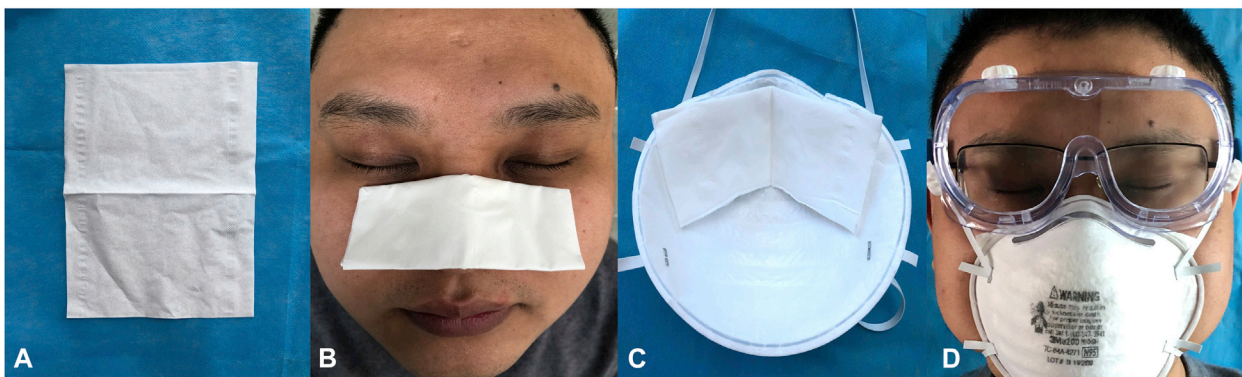


Fig 1. Combined use of tissue paper and surgical mask. (A) Tissue paper. (B) The bottom edge of the tissue paper should partially cover the nostrils. (C) The folded tissue paper is placed on the inner surface of the surgical mask. (D) The surgical mask and goggles should be worn properly.

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