Mask Associated Dry Eye (MADE)

Wearing masks is essential to helping reduce the spread of COVID-19, but may lead to symptoms of dry eye. Why does this occur and what can you do?

**Cause**

1. Air from breathing out is channeled up, out the top of the face mask, and over the surface of the eye.\(^1\)

2. Movement of air over the eye causes tears to evaporate, leaving the surface of the eye dry.

3. Eyes may feel dry, gritty, irritated, itchy, watery and look red.

**Solution**

1. Ensure your mask fits well, and consider taping the top edge of the mask for prolonged wear.

2. Lubricating eye drops may help alleviate dry feeling eyes. Consult with your eye care professional for their recommendation.

3. Limit time in air-conditioned environments where possible, and take regular breaks from digital devices.

**Remember!** Avoid touching your face and rubbing your eyes with unwashed hands.

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