

# 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.<sup>1</sup>



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.**