

## **Transcript of Video-Audio with Lori Grooms, director of Infection Prevention and Control, OSF HealthCare**

Lori Grooms says it is possible for someone to be infected with the virus that causes COVID-19 through the mucus membranes in your eyes.

**“Eyes are a mucus membrane like your nose and your mouth so they are a moist tissue which virus can enter the body through. But, the highest risk for acquiring it (COVID-19) through the eyes is in a health care setting.” (:20)**

Grooms says health care workers perform tasks that can cause aerosolized droplets which have a potential to penetrate the eyes.

**“Testing procedures, some of our medications that we give; nebulizers and some of the things we do to patients to take care of them, so ventilators, things such as that increase the risk of the amount of aerosols that are being expelled.” (:18)**

The CDC doesn't recommend goggles or face shields for the average person to reduce the risk for contracting COVID-19 based on limited research. However, Grooms concedes that combined with a mask, adding goggles or a properly worn face shield would offer the most coverage. She suggests even eyeglasses offer some protection from transfer of the virus from high touch surfaces.

**“What we really want to prevent is you touching your eyes. So, if you wear glasses or if you wear sunglasses, you're less likely to touch and rub your eyes than if you did not have them on.” (:16)**