

## **BROADCAST- Seeing the Best Choice for COVID-19 Protection**

Model Naomi Campbell doesn't care what she looks like when she travels and in fact, she happily touts a look that includes goggles because she says she doesn't want to get COVID-19 through her eyes.

Is that possible? Lori Grooms, infection prevention and control director at OSF HealthCare says, yep ... it's possible.

**SOT-Lori Grooms, director of Infection Prevention and Control, OSF HealthCare Peoria, Illinois**

**“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)**

**SOT-Lori Grooms, director of Infection Prevention and Control, OSF HealthCare Peoria, Illinois**

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 protection. She suggests even eyeglasses offer some protection from transfer of the virus from high touch surfaces.

**SOT-Lori Grooms, director of Infection Prevention and Control, OSF HealthCare Peoria, Illinois**

**“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)**

Grooms says if you are going to wear goggles or a face shield, make sure you clean them after every use and make sure the face shield wraps around your face and falls below your chin.