

## **10 Best Goggles and Face Shields for Coronavirus Protection**



**Amy Schlinger**

Updated: Aug. 31, 2020

Complete your coronavirus protection kit by wearing these goggles or face shields to prevent infected droplets from getting into your eyes.

*Every editorial product is independently selected, though we may be compensated or receive an affiliate commission if you buy something through our links.*



IGOR ALECSANDER/GETTY IMAGES

## Don't forget about your eyes

How much coronavirus protection is enough? Should you be adding goggles or a face shield to your **face mask** to protect yourself against **Covid-19**?

Anthony Fauci, MD, the director of the National Institute of Allergy and Infectious Diseases, told ABC News that eye protection may be recommended at some point since the eyes are a mucosal surface body part, that secretes mucus to stop dirt and pathogens from entering the body. This would complete your **coronavirus protection** kit.

Medical experts agree that it may be helpful to take all precautions, "Covid-19 can be spread through **airborne droplets** coming into contact with the mucous membranes of the eyes," says Mark Brown, chief nursing officer of Good Samaritan Hospital in San Jose, California. "This can happen from someone sneezing, coughing, singing, etc. Anything like that can **propel these droplets** forward into your eyes when you have direct, close contact with another individual." This mode of transmission can also introduce the virus into the body if you get the virus on your hands and then touch or rub your eyes, Brown also points out.

# When you must wear eye protection

For doctors and other medical professionals, face shields or goggles are a must. “Eye coverings should definitely be worn by anyone who might experience any kind of direct splatter to the face, which includes medical professionals, dentists, and some industrial workers,” explains Robert E. Marx, chief of oral and maxillofacial surgery at the University of Miami School of Medicine. But they should also be worn by anyone with known eye conditions, explains Dr. Marx. “The eye protection reduces the risk of large droplets of contaminated liquids, but also tissue, blood, metal, and other materials that people with particular professions work with,” he says.

Experts agree that there isn’t really a downside to the extra precaution, as long as you’re still wearing a mask, social distancing, and following other recommendations. ” It should not hurt anyone to wear eye coverings, but one can run a small risk of obstructing vision if not fitted properly and it can provide a false sense of protection if you don’t wear a **face mask**, or there is less social distancing, hand washing, and use of **hand sanitizers**,” says Dr. Marx.

## Keep it clean

Keeping the eye protection germ-free is important as well, otherwise it defeats the purpose of wearing it. “You need to ensure that if and when wearing eye protection, it is being cleaned properly throughout the day, and when having close interactions with people, as this is another potential source of exposure or infection if contaminated,” says Brown.

Here are some of the best face shields and goggles for full coronavirus protection.



VIA AMAZON.COM

## SuperMore Anti-Fog Protective Safety Goggles

\$13

These anti-fog goggles get 4.5 out of five stars from over 1,100 reviewers who have purchased and loved them. They provide full **coronavirus coverage**, giving you a wide field of view. They're impact resistant and have an anti-scratch coating, so you don't have to worry if they get knocked around a bit. Adjust the elastic head strap to fit your head.



VIA MIFACESHIELDS.COM

## MI Face Shields Reusable Face Shield

\$20

Buy a shield for yourself and a friend with this two-pack. The shields have adjustable hook and latch head straps for a personalized fit, and the shield itself can also be trimmed to fit your face. The best part? These shields have little hooks that they call “ear savers” where you can affix the straps to a **face mask** to relieve ear pressure and soreness from wearing a mask all day.



VIA AMAZON.COM

## **PETLESO Safety Goggles**

**\$13**

If you're not a medical professional, chances are good that you may not need to completely encase your eyes in goggles; these full coverage goggles that allow for airflow through the bottom for more comfort. The temples—the part of the goggles that rest on top and wrap around the end of your ears to hold the goggles in place—are adjustable, too, in case you need them to be made slightly shorter or longer. Plus they're fog- and scratch-resistant.



VIA AMAZON.COM

## ArtToFrames Protective Face Shield

\$18 for two-pack

You'll get the protection of goggles and a face shield with the purchase of this product that has acrylic glasses build-in, behind the face shield. The glasses can fit on top of most normal eyeglasses and the temples from the built-in goggles hold the product on your face. The shield offers 180-degrees of protection. Note that the shields and goggles ship in separate pieces and require assembly, but it's not difficult to do. (Check out these [great masks for exercise](#).)



VIA AMAZON.COM

## Neiko 53875B Protective Safety Goggles

\$12

Thanks to the wide, adjustable headband on these goggles, you can ensure you'll get a comfortable, taut fit around your head. The lenses are made of durable polycarbonate, which is waterproof and scratch-resistant. The wide lens also fits comfortably over eyeglasses if you **wear prescription glasses** on a regular basis.





VIA AMAZON.COM

## REZVANI R20 Protective Face Shields

\$20 for two-pack

This two-pack of adjustable face shields feature a thick foam across the forehead to keep them comfortable if you have to wear them for an extended period of time. The clear strap has eight different adjustments so you can be sure to get a snug fit. The shield itself is anti-fog and anti-static, too. (Get creative and **make your own face covering**.)



VIA AMAZON.COM

## Hiapix Transparent Safety Face Shield

\$26

Packaged in a group of 10, these shields are made out of transparent polyethylene terephthalate, or PET, so you get a very clear view of what's in front and around you. They provide full coverage, and the soft, spongy foam that sits against your forehead makes wearing them comfortable. The thick elastic headband is adjustable to fit any and most head sizes. Be sure to **clean them using a disinfectant**.

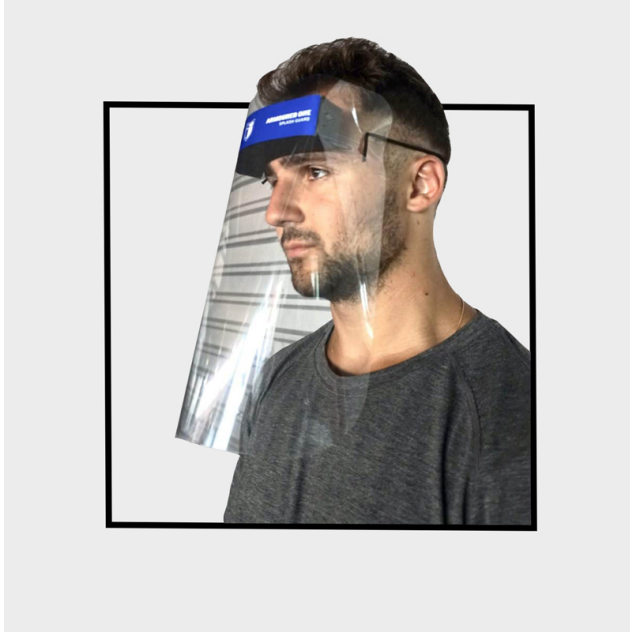


VIA AMAZON.COM

## SENTEQ Safety Glasses

\$16

Slip on these glasses that have indirect vents that make them splash-resistant and aid in fog reduction. The goggles themselves are very lightweight (only 8 ounces), and the soft nose piece sits comfortably on the bridge of your nose so you can wear them for hours. The lens is also fingerprint-resistant. (Here are [face mask ideas for the office](#).)



VIA ARMOUREDONE.COM

## Armoured One Standard Face Shield

\$33-36 for a six-pack, depending on shield size

Choose between a 9-inch or 13-inch face shield, depending on whether you're purchasing them for kids or adults. (Here are some of the **best kids' face masks**, too.) The brand sells the shields in packs, with a six-pack being the smallest amount you can order. The adjustable head strap is stretchy, to provide a secure fit, as well as comfort. The shield itself is crease-resistant.



VIA AMAZON.COM

## CYB Safety Full Face Shield Hat

\$15

Replace a head strap with a hat that has a face shield built-in? You bet: The face shield, which is made out of transparent thermoplastic polyurethane (TPU) material, is removable, too, and attaches via a small zipper into the hat. Not only will you protect your face when you go outside, but the hat also provides some **sun protection** as well. There's an adjustable strap inside the hat to make the fit tighter or looser.

*Originally Published: August 26, 2020*



## Amy Schlinger

Amy Schlinger is a skilled reporter, writer, and editor who regularly interviews world-renowned doctors and medical professionals, elite trainers, nutrition experts, professional athletes, and celebrities. She has 11 years of experience covering health, fitness, wellness, nutrition, and lifestyle topics. She has held staff positions at Shape Magazine, DailyBurn, Self Magazine, and PopSugar. Her work has appeared in Men's Health, The New York Post, Women's Health, Glamour, Cosmopolitan, Health Magazine, Outside Magazine, Livestrong, Map My Fitness, MSN, Runner's World, Bicycling Magazine, and more. She has been featured in DailyBurn's Live to Fail workout video series (five total), is a National Academy of Sports Medicine Certified Personal Trainer (NASM-CPT), and is certified in Kettlebell Training. Amy is extremely passionate about healthy living, and can often be found researching and testing out new wellness trends and fitness programs or strength training at the gym. She has run six half marathons, completed one triathlon, biked two century rides, finished two Tough Mudder races, and four Spartan races, including a beast at the Spartan World Championships at Squaw Mountain in North Lake Tahoe.

<https://www.thehealthy.com/infectious-disease/best-goggles-and-face-shields-coronavirus-protection/?fbclid=IwAR2OU1T4wGF5ulLJZRdOsoij7BN1QuqqmjajmasUypmVDiNWgpcxEFL7-t0>