

## U and Universal

The pandemic has caused a lot of stress for everyone. Statistics have shown that depression rates and mental health crisis have gone up during the coronavirus pandemic. Universal would like to provide some helpful information about how to maintain positive mental health during these unusual times. Universal's Clinical Director, Patra Lowe states "you don't have to suffer in silence, reach out to someone you trust for support during this trying time" here is a link to the information.

<http://bit.ly/UMHSCovidPPT>

### Did you know?

What to do if your glasses fog up?

You are hopefully wearing a mask during the Corona virus pandemic. If you wear glasses too, you probably have the same problem as many Americans; foggy glasses! Here are some ways to hopefully avoid foggy glasses:

- Wash the lenses with soapy water (before putting on a mask, wash your glasses lenses with soapy water and shake off the excess moisture. Then, let your glasses air dry or gently dry the lenses with a clean cloth)
- Seal the mask and make sure the mask fits well ( a loose fitting mask lets exhaled air head toward your glasses, but a well fitting mask can shoot air out of the bottom or sides of the mask away from you lenses)
- Try de-fogging products (apply over the counter sprays, waxes, and gels to your lenses before putting on your glasses, be aware that some products can harm lenses)
- Close the gap on your mask (mold the nose bridge at the top of the mask to your nose to reduce the gap that allows moist air up to the glasses)

[www.allaboutvision.com](http://www.allaboutvision.com) states that glasses fog up because you are repeatedly breathing out warm air. This air can sneak out of the top of your mask and steam up the lenses of your glasses. Please check with where you bought your glasses before using any products on them.