# **Could Wearing Glasses Lower the Risk of COVID-19 CER**

For this assignment, you are going to be reading an article about a recent claim that was made about wearing glasses and the possible reduced risk of contracting COVID-19. As you read the article, you are going to do the following:

1. Highlight any EVIDENCE that you see that supports the claim of wearing glasses could lower your risk of contracting COVID-19 in BLUE.
2. Highlight any AUTHORITIES/EXPERTS in RED.
3. Highlight anything that sounds LOGICAL in ORANGE.
4. Highlight anything that feels right to your INTUITION in GREEN.
5. Highlight anything that goes AGAINST the claim of wearing glasses could lower your risk of contracting COVID-19 in PURPLE.

Once you have finished reading and highlighting the article, then complete the CER at the bottom of this document.

# **Could wearing glasses lower the risk of COVID-19?**

By [Rachael Rettner - Senior Writer](https://www.livescience.com/author/rachael-rettner) 15 days ago

A study from China found that the number of COVID-19 patients who wore glasses was much lower than those who did not wear glasses.

People who wear eyeglasses may be at lower risk for catching COVID-19 than those who don't wear glasses, early research from China suggests.

The study’s researchers looked at information from 276 patients at a hospital in China's Hubei province and found that only about 6% of the patients wore glasses for more than 8 hours a day, all of whom had myopia, or [nearsightedness](https://www.livescience.com/65229-nearsighted-people-before-glasses-invented.html).

The new study, published Wednesday (Sept. 16) in the journal [JAMA Ophthalmology](https://jamanetwork.com/journals/jamaophthalmology/fullarticle/10.1001/jamaophthalmol.2020.3906?guestAccessKey=90df3083-7df3-4152-a3ca-edda946a76c6&utm_source=For_The_Media&utm_medium=referral&utm_campaign=ftm_links&utm_content=tfl&utm_term=091620), "is interesting and raises the possibility that use of eye protection by the general public might offer some degree of protection from COVID-19," Dr. Lisa Maragakis, an associate professor of medicine at Johns Hopkins University School of Medicine, who was not involved in the study, wrote in an editorial accompanying the study.

However, Maragakis said that it's much too early to recommend that everyone don eyeglasses, goggles or face shields in public, in addition to already wearing [face masks](https://www.livescience.com/are-face-masks-effective-reducing-coronavirus-spread.html), to protect against COVID-19. The new study has a number of limitations — for starters, the study was relatively small and included patients at a single hospital. Importantly, the study found only an association and cannot prove a "cause-effect" relationship between wearing glasses and being protected from COVID-19, Maragakis said.

Maragakis called for more studies to confirm the findings and to determine "whether there is any benefit to wearing eyeglasses or other forms of eye protection in public settings, in addition to wearing a mask and physical distancing, to reduce the risk of acquiring [COVID-19]."

Although it's recommended that health care workers wear face shields or goggles, along with face masks, to lower the risk of catching COVID-19, public health guidelines generally don't promote the use of eye protection for the public; they instead stress the importance of masks, [physical distancing](https://www.livescience.com/social-distancing-coronavirus-end.html) and [hand washing](https://www.livescience.com/57044-science-of-soap.html). (The CDC does not recommend face shields as a substitute for face masks.)

The researchers did not examine why glasses may reduce the risk of COVID-19, but they hypothesize that wearing glasses discourages people from touching their eyes, which would reduce the chances that people transfer virus from their hands to their eyes. It's known that eye cells have receptors that allow SARS-CoV-2, the virus that causes COVID-19, to enter the body; and the virus has been detected in the [eyes of COVID-19 patients](https://www.livescience.com/coronavirus-replicates-in-eyes.html).

Maragakis added that eyeglasses may also "serve as a partial barrier that reduces the amount of virus in a manner similar to what has been observed for cloth masks."

Still, in addition to further studies to confirm the findings, researchers also need to consider possible unintended consequences of a general recommendation to wear eye protection in public. People who aren't accustomed to wearing glasses or goggles might actually touch their face more often when removing, replacing or adjusting the eyewear, Maragakis said.

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Based on what you have read in the article above, do you believe that wearing glasses lowers the risks of getting COVID-19? Be sure to back up your claim with evidence from the article, as well as identifying the various claim testers the article included. Make sure that you also explain your reasoning for how the evidence supports your claim.

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| **Claim: I believe that...** |
| **Evidence: Here is the evidence that backs up my claim…** |
| **Reasoning: The reason this evidence supports my claim is…** |