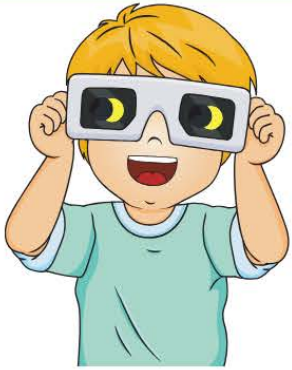


HOW TO SAFELY VIEW THE SOLAR ECLIPSE

April 8, 2024



Looking directly at the sun without proper eye protection can cause serious, instant eye damage called **solar retinopathy**. Homemade filters and ordinary sunglasses, even very dark or polarized sunglasses, are **NOT** safe for viewing solar eclipses.

Solar eclipse viewing glasses are thousands of times darker than regular sunglasses and must pass ISO 12312-2 international compliance standards. There are many “knock off” brands out there, so if you purchase solar eclipse viewing glasses, make sure you purchase them from a reputable vendor.

A LIST OF REPUTABLE VENDORS OF SOLAR ECLIPSE VIEWING GLASSES CAN BE FOUND ON THE AMERICAN ASTRONOMICAL SOCIETY'S WEBSITE



If you have children in school, check with your school before purchasing solar eclipse viewing glasses. They may have a plan to distribute glasses to students prior to the event.



Factors that may increase a persons risk for solar retinopathy include:

- Young age
- Clear intraocular lens (a type of replacement lens used in cataract surgery)
- Certain medications (ask your doctor for more information)
- Individual under the influence of substances, or any condition that may alter decision-making

ADDITIONAL SAFETY TIPS FOR VIEWING A SOLAR ECLIPSE:

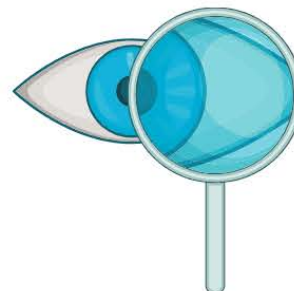
- Always inspect your viewing glasses prior to use. If scratched or damaged, discard them. Read and follow any instructions printed on or packaged with the glasses.
- Always supervise children when viewing a solar eclipse.
- Never remove your viewing glasses while looking at the sun.
- Never look at the eclipse through an unfiltered camera, binoculars, telescope, or any other optical device.
- **Never look through these devices using your eclipse glasses, either. These devices can strengthen the solar rays, damaging the filter, causing injury to your eyes.**

SIGNS AND SYMPTOMS OF SOLAR RETINOPATHY

If you think you may be experiencing symptoms of solar retinopathy, consult with a medical provider immediately.

Signs and symptoms may include:

- Blurry vision
- Central blind spot in one or both eyes
- Objects appearing smaller than they really are
- Headache
- Straight lines appearing wavy



Additional Resources:

