

Safely enjoying the solar eclipse: Protecting your eyes and health



<https://unsplash.com/images/nature/solar-eclipse>

A solar eclipse occurs when the moon completely or partially covers the sun. This is a fascinating spectacle, but it is very important to guard against temporary or permanent damage to the eyes. During this eclipse some cities and towns in Newfoundland will be plunged into darkness for a few minutes.

On April 8, 2024 the solar eclipse will start just after 4 p.m., hitting the maximum at 5:15 p.m. and ending at approximately 6:17 p.m. (depending on your location in the province).

1. **Health and safety first**

Ensure your eyes are protected at all times by using approved solar eclipse viewers that meet international standard ISO 12312-2 for safe viewing. Make sure that the glasses are not damaged or scratched before use. Sunglasses, even those with a very dark tint **are not** sufficient protection.

2. **Don't get burned**

Staring at the Sun without protection, may cause damage to your retina (the tissue at the back of your eye) called "solar retinopathy." This damage can occur without any sensation of pain. The injury can be temporary or permanent. Do **NOT** look at the sun without eye protection.

3. **Supervise children**

Ensure that children are also equipped with proper eye protection and supervise them closely to prevent accidental viewing of the sun. Teach them about the dangers of looking directly at the sun and explain why it's important to use proper eye protection.

4. **Beware of fake glasses**

Unfortunately, there are counterfeit solar viewing glasses circulating in the market. To ensure your safety, only purchase glasses from reputable sources and verify that they have the ISO 12312-2 certification.

5. **Watch online**

Watch an online livestream of the event from a verified source. Alternatively, check out a recording of the eclipse after it has happened!

Source- [Canadian Centre for Optometrists](#)