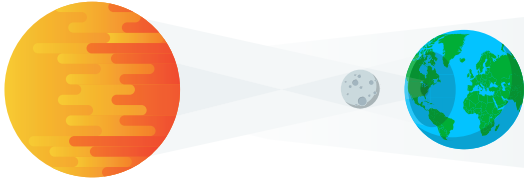


SOLAR ECLIPSE

Safety Measures and Viewing Guidance



What are the hazards of viewing a solar eclipse?

Looking at the sun, including during a solar eclipse, can cause **solar retinopathy**, which can permanently damage the retina's light-sensitive cells at the back of the eye. Even a brief look at the sun during an eclipse can cause **permanent harm** to the eyes. A person may not experience any pain or discomfort while watching the event and still suffer **severe damage** as a result.

Symptoms may not surface until 12 to 48 hours after the event and could involve retinal burns, temporary or permanent vision loss and blurred vision. Once symptoms start, it is usually too late to reverse any resulting damage. If someone experiences any changes in their vision from watching the solar eclipse, they should immediately have someone else drive them to a hospital or to their optometrist to be assessed.



Additional resources

Additional resources are available through the [Royal Astronomical Society of Canada](#), the [American Astronomical Society](#) and the [Canadian Association of Optometrists](#).

What is a solar eclipse?

During a solar eclipse, the moon moves between the sun and the Earth, partially or completely blocking the sun's rays. This means that the sun will appear less bright, and people will be able to look at it directly without turning away.



Schools and child care facilities are encouraged to have a basic plan to ensure that children, students and staff will be safe.

Keep a close eye on children during a solar eclipse. Their eyes are still developing and let in more light to the retina than adult eyes, so they are at higher risk of harm if they look at the sun without proper eye protection.

How can I safely observe a solar eclipse?

Indirect observation through a recording (for example, watching on television or streaming online) is the safest way to view an eclipse. **Direct observation** requires appropriate safety measures, including internationally-certified eclipse glasses. Sunglasses, camera lenses (including smart phone cameras), binoculars, telescopes or anything else that is not specifically made for viewing an eclipse are not safe.