

# 2024 Solar Eclipse

On April 8, 2024, from 2:00 p.m.

to 4:30 p.m., parts of Ontario will experience a total solar eclipse. Learn how you can safely experience this once-in-a-lifetime event.



## What is it?

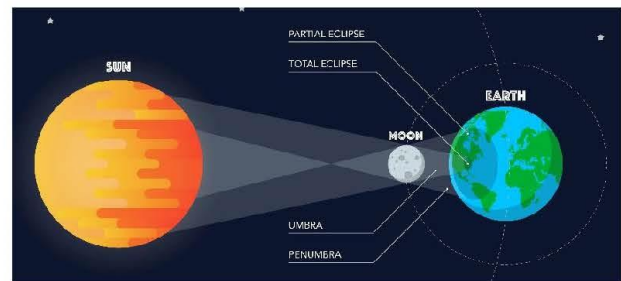
- A solar eclipse happens when the moon passes between Earth and the Sun, casting a shadow on the Earth's surface.

## Health Impacts

It is never safe to look directly at the sun. During an eclipse, looking at the sun could cause:

- Retinal Burns
- Blurred Vision
- Vision Loss

It can take up to 48 hours for symptoms of eye damage from looking at the Sun to show up.



## Seeking Care

Seek medical support if your experience vision loss or your vision worsens. Monitor for the following symptoms:

- Headache
- Blurred vision
- Seeing dark spots
- Eye redness
- Watery eyes
- Difficulty reading

Access local supports or contact Health 811 if you have questions or concerns.

## Stay Safe

Take these steps to enjoy the eclipse safely:

- **Never look at the Sun without special eye protection. Regular sunglasses will not protect your eyes.**
- Do not look at the Sun using a camera, phone, telescope, or binoculars or any other optical device.
- Supervise children to ensure they don't look directly at the sun and discuss safety concerns.
- Enjoy the eclipse virtually by watching a livestream if you do not have eye protection.
- Take extra care when using roads, sidewalks and trails during the eclipse timeframe.

Only ISO-certified glasses (ISO 12312-2) will protect your eyes during the Solar Eclipse. Regular sunglasses will not protect your vision.

