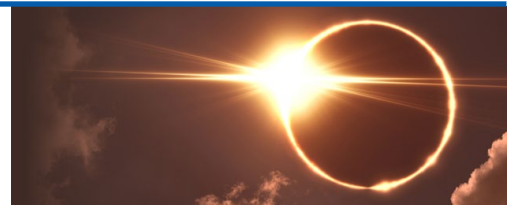


TOTAL SOLAR ECLIPSE

April 8, 2024



On April 8, 2024, from 2 p.m. to 4:30 p.m. the Eastern Ontario Health Unit (EOHU) region will be in the path of a solar eclipse. The City of Cornwall, Akwesasne and parts of Stormont, Dundas and Glengarry will be in the path of totality and will be able to see the moon completely cover the sun. The rest of the EOHU area will experience a partial eclipse.

Looking directly at the sun during an eclipse without proper eye protection can cause serious eye damage, such as retinal burns, blurred vision and permanent or temporary vision loss. Damage to your eyes can happen quickly, and as there are no pain receptors in your eyes, you may not feel it happening. Symptoms can take 12 to 48 hours to appear. Take precautions to protect your eyes while watching the eclipse, both inside and outside the path of totality.

Ways to watch the eclipse safely

Directly using glasses, filters or viewers that meet ISO 12312-2:2015 international safety standards.

- Make sure your glasses have the manufacturer's name and date of production printed on them.
- Get your glasses from a reputable source.
- Do not use glasses if they have scratched or wrinkled lenses.
- Do not use regular sunglasses, cameras, phones, binoculars, or telescopes.
- Do not use DVDs, potato chip bags, or other homemade filters.

Indirectly through an eclipse box, pinhole projector or livestream.

Supervise children to ensure they do not look at the eclipse without proper eye protection. You may wish to close curtains and blinds indoors to prevent children from accidentally watching the eclipse without appropriate eye protection.

Safety while driving

If you will be driving during the eclipse:

- Do not look at the eclipse while driving.
- Have your headlights on.
- Do not take pictures or video record while you are driving.
- Do not park on or pull over to the shoulder of highways to watch the eclipse.
- Watch for pedestrians.

If you are experiencing blurred vision, or loss of vision after viewing the eclipse, please contact your health care provider or Health811.

Visit the EOHU website for more information on how to watch the solar eclipse safely.

Resources

- **Eastern Ontario Health Unit** - [Total Solar Eclipse 2024](https://eohu.ca/en/my-environment/total-solar-eclipse-2024) (https://eohu.ca/en/my-environment/total-solar-eclipse-2024)
- **American Astronomical Society** - [Suppliers of Safe Solar Viewers and Filters](https://eclipse.aas.org/eye-safety/viewers-filters) (https://eclipse.aas.org/eye-safety/viewers-filters)
- **Canadian Space Agency** - [Build your own projector](https://www.asc-csa.gc.ca/eng/youth-educators/activities/fun-experiments/eclipse-projector.asp) to watch solar eclipses safely (https://www.asc-csa.gc.ca/eng/youth-educators/activities/fun-experiments/eclipse-projector.asp)

Links to Livestreams

- **NASA livestream** (https://www.youtube.com/watch?v=2MJY_ptQW1o)
- **University of Toronto livestream** (https://my.alumni.utoronto.ca/s/731/form-blank/index.aspx?sid=731&pgid=22396&gid=1&cid=36766&ecid=36766&post_id=0)

If you require this information in an alternate format, please call 1-800-267-7120 and press 0.

