

# 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.