



# EYE SAFETY DURING A TOTAL SOLAR ECLIPSE



**APRIL 8, 2024 ◦ TOTAL SOLAR ECLIPSE**

On Monday, April 08, 2024, Indiana will be in the path of a total solar eclipse. Whether you're visiting the state to view the eclipse or a native Hoosier, the Indiana Optometric Association wants you to have the best possible eclipse experience. To that end, the following tips will ensure that you protect your eyes and prevent possible sun damage during the eclipse.

## PROTECT YOUR VISION DURING THE ECLIPSE!

Looking directly at the sun during an eclipse can cause short-term damage to the front of the eye or long-term damage to the back of eye that can result in permanent vision loss.

There are two ways you can safely view an eclipse:

### 1. Use approved eclipse glasses and filters



Eclipse glasses and filters designed and tested to safely view an eclipse are available for purchase.

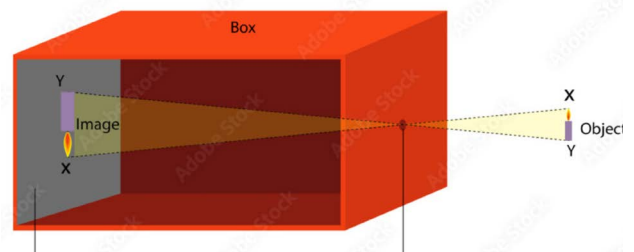
Go to the American Astronomical Society website at <https://eclipse.aas.org/resources/solar-filters> to find a list of approved sellers.

Many eclipse glasses sold online may not be safe. Only buy from sellers listed on the American Astronomical Society website to ensure that you're using approved eclipse glasses and filters.

### 2. Pinhole and optical projection

The American Astronomical Society describes ways of projecting an image of the eclipse without directly looking at the sun.

Go to <https://eclipse.aas.org/eye-safety/projection> to learn how to view an eclipse by pinhole or projection techniques.



## WHAT NOT TO DO DURING THE ECLIPSE

It bears repeating – **never look directly at the sun during an eclipse!**

Only purchase eclipse-viewing glasses and filters from sellers recommended by the American Astronomical Society:

<https://eclipse.aas.org/resources/solar-filters>



## IF YOU HAVE ISSUES AFTER LOOKING AT THE SUN DURING THE ECLIPSE

It can take a few hours to a few days after viewing a solar eclipse to realize that damage has occurred. Some common symptoms of sun-related eye damage include:

- **Discomfort**
- **Loss of central vision**
- **Distorted vision**
- **Altered color vision**

If you experience any of these symptoms or other issues after viewing the eclipse, visit an optometrist or ophthalmologist as soon as possible for a complete eye exam. This is the best way to combat potentially severe complications, including vision loss.

