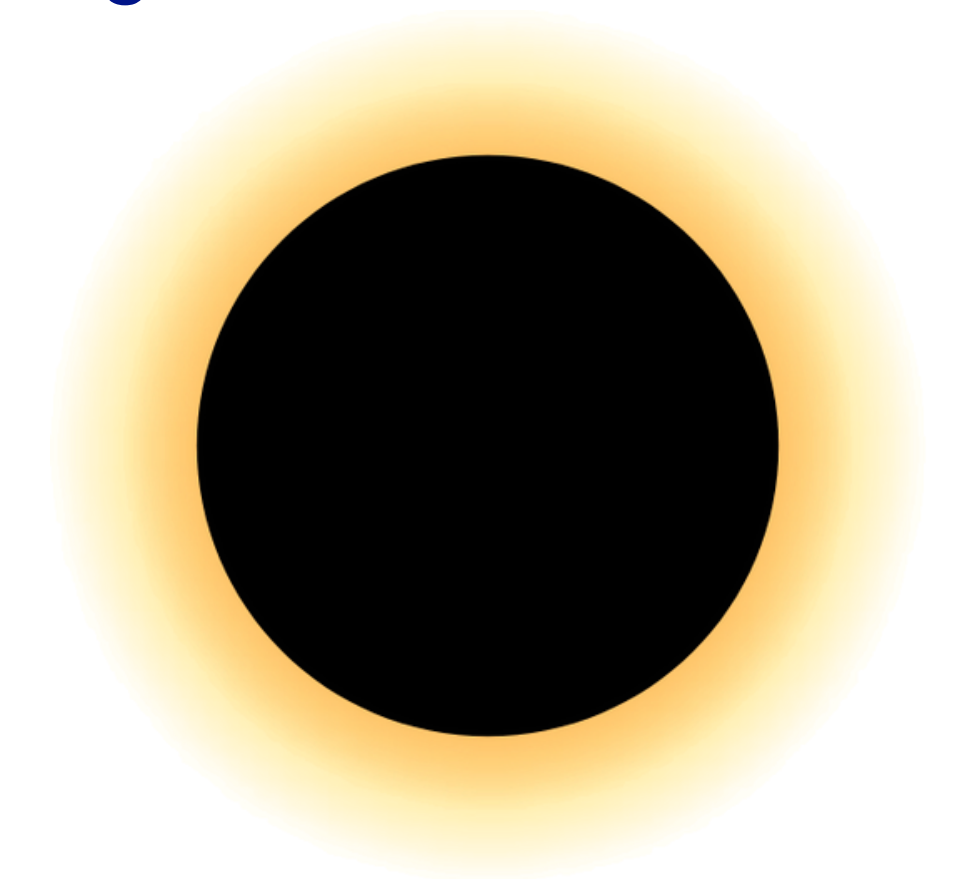




How to Enjoy a Solar Eclipse Safely

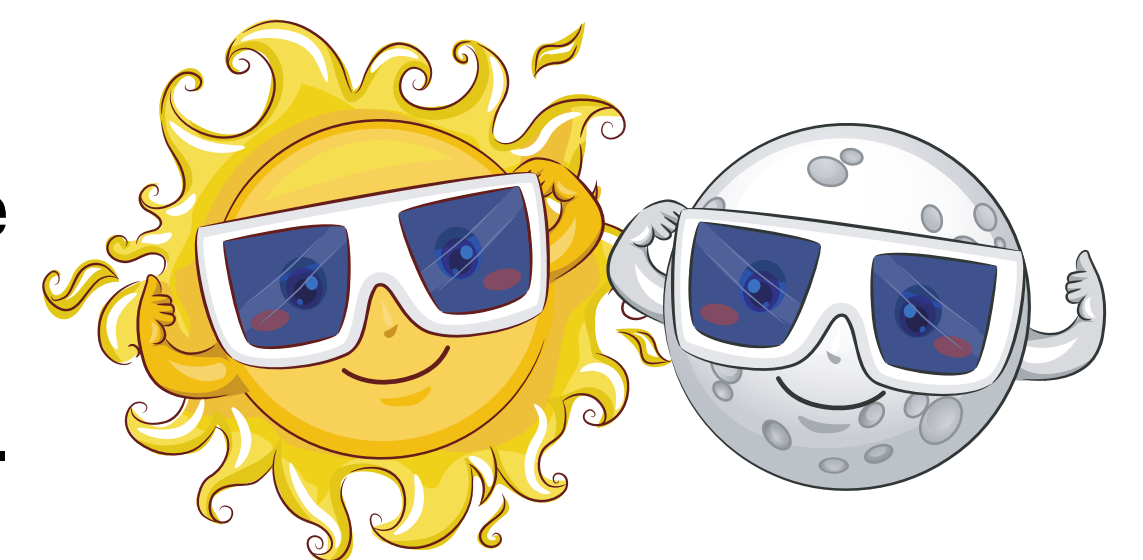
A solar eclipse occurs when the Moon **completely** or **partially** covers the Sun. This is a fascinating spectacle, but it is very important to guard against temporary or permanent damage to the eyes.



1.

Safety First

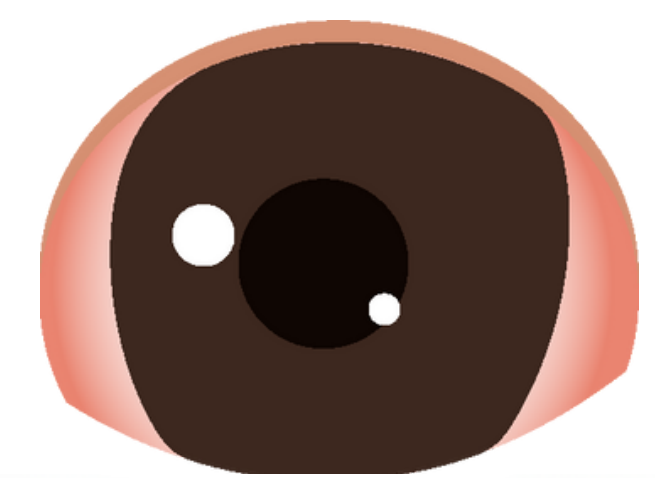
Ensure your eyes are protected at all times by using approved solar eclipse viewers that meet [international standard ISO 12312-2](#) for safe viewing. Make sure that the glasses are not damaged or scratched before use. Sunglasses, even those with a very dark tint are not sufficient protection.



2.

Don't Get Burned!

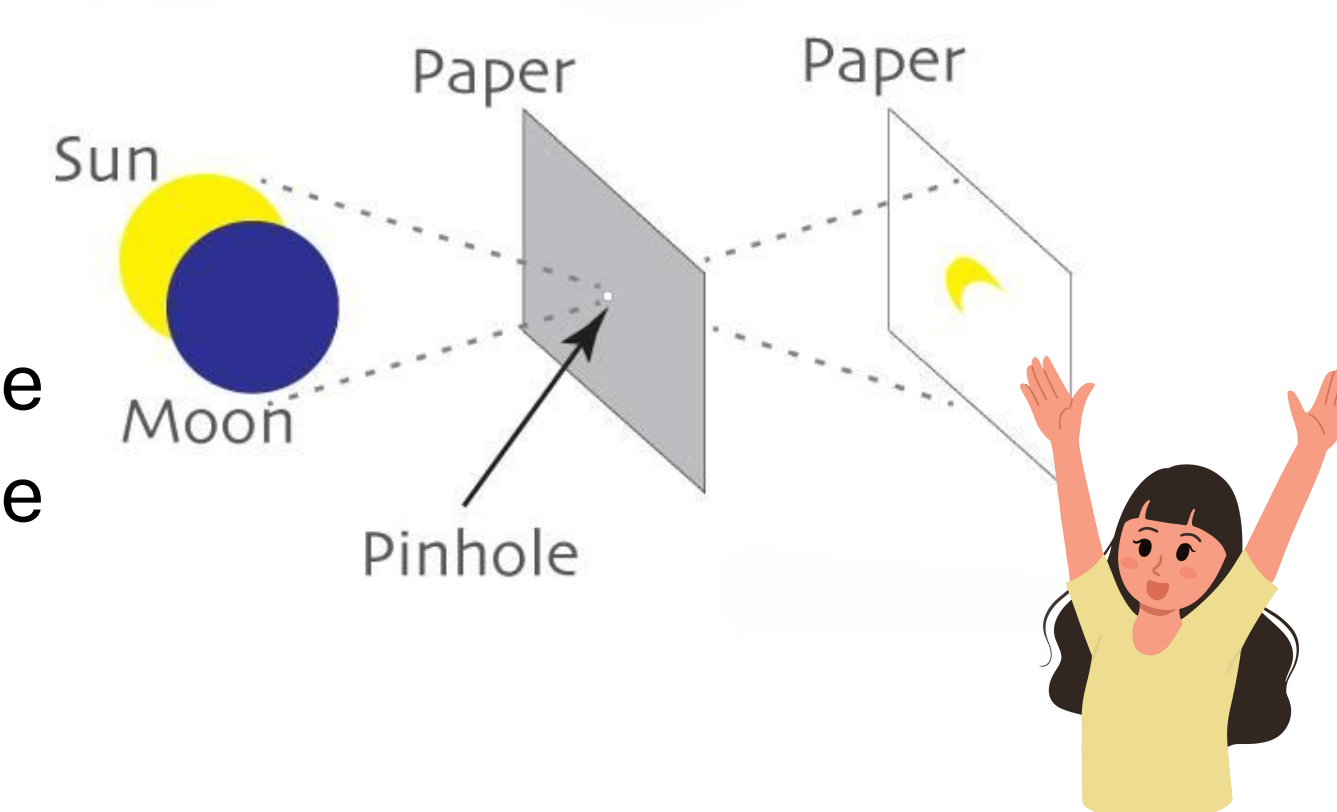
Staring at the Sun without protection, may cause damage to your retina (the tissue at the back of your eye) called "solar retinopathy." This damage can occur without any sensation of pain. The injury can be temporary or permanent.



3.

Go indirect - Project!

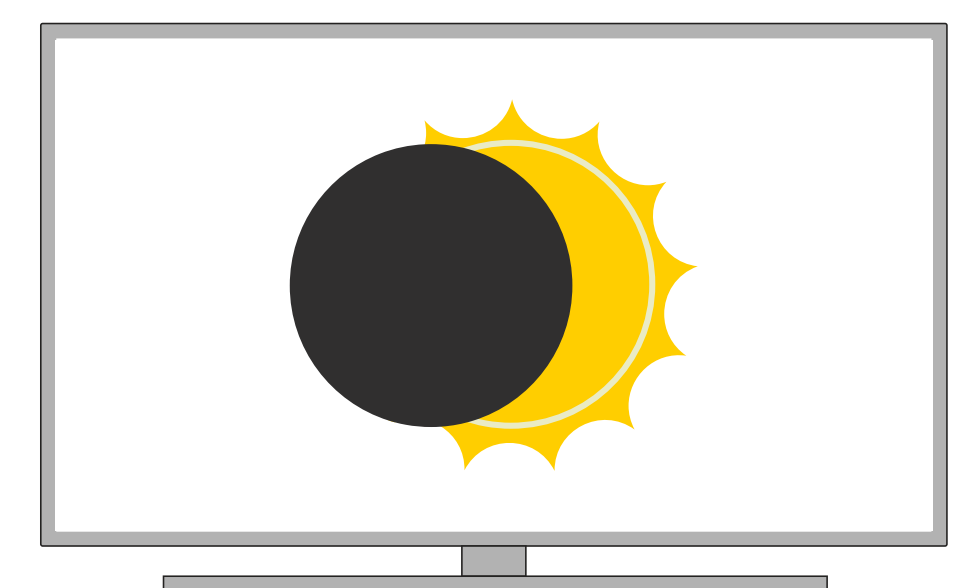
If you can't find eclipse viewers, make [a pinhole projector](#) to watch the eclipse. It's important to only watch the screen, not the Sun. Never look at the Sun through the pinhole.



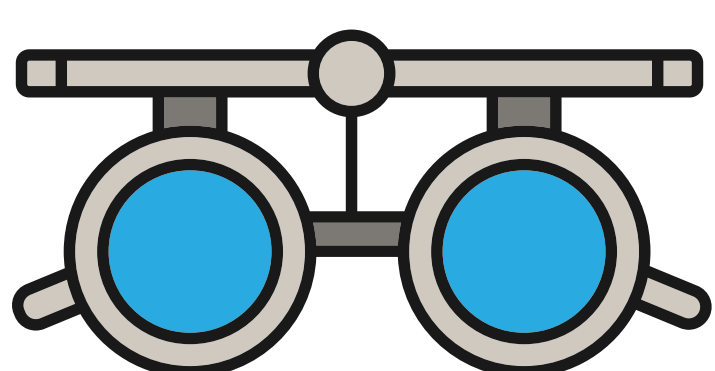
4.

Watch Online

Watch an [online livestream](#) of the event from a verified source. Alternatively, check out a recording of the eclipse after it has happened!



Check it out



If you experience any problems with your eyes or vision after the eclipse, [visit your optometrist](#) promptly.