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ECLIPSE 2024
EYE SAFETY

The excitement is building for the 2024 total solar eclipse, but when you look toward the sky, make sure you are not damaging your eyes. Failing to take proper precautions can result in severe and irreversible damage to one's eyesight. Staring at sun during an eclipse, even for a few seconds, can lead to a condition known as solar retinopathy, which can result in permanent vision impairment or blindness. Unlike the sun on a normal day, the eclipsed sun may appear less bright, making it tempting for some to glance at it without realizing the potential harm.

PROTECT YOUNG CHILDREN.

Proper supervision of children is vital. Children need to be educated on the dangers of staring at the sun and the damage that it can do to their vision. It must be stressed to them to the importance of wearing protective eyewear and not looking directly at the sun during the eclipse.

PROPER EYE PROTECTION.

The only safe way to look directly at the sun, whether during an eclipse or not is with special-purpose solar filters. These filters are used in eclipse glasses or in hand-held viewers. They **MUST** meet a very specific worldwide standard known as **ISO 12312-2**. If you see any scratches or damage to your filter or glasses **DO NOT USE THEM!!**

Ordinary sunglasses are not strong enough to protect your eyes.

HOW TO SAFELY WATCH THE ECLIPSE!

Before looking up at the bright sun, stand still and cover your eyes with your eclipse glasses or solar viewer. After glancing at the sun, turn away and remove your filter – Do not remove it while looking up at the sun.

The only time that you can look at the sun without a solar viewer is during the totality. When the moon completely covers the sun's bright face and it suddenly gets dark, you can remove your solar filter to watch the unique experience. As soon as the bright sun begins to reappear very slightly, **IMMEDIATELY** use your solar viewer again to watch the remaining partial phase of the eclipse.

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Never look at the uneclipsed or partially eclipsed sun through an unfiltered camera, telescope, binoculars, or other similar devices. This is important even if you are wearing eclipse glasses or holding a solar viewer at the same time. The intense solar rays coming through these devices will damage the solar filter and your eyes.

HOW DO I KNOW IF I DAMAGED MY EYES DURING THE ECLIPSE?

According to the American Academy of Ophthalmology, if your eyes feel a little funny after an eclipse, it may not be a sign of solar retinopathy. Damage from the eclipse is unlikely to cause pain or discomfort in your eyes because the retina does not have any pain nerves. Instead, you would notice visual symptoms within four to six hours. But some may notice symptoms after 12 hours.

WHAT ARE THE SYMPTOMS OF EYE DAMAGE FROM AN ECLIPSE?

If you are concerned that you may have sustained damage, here are some symptoms to look out for:

- *Blurry vision
- *Headache
- *A blind spot in your central vision in one or both eyes
- *Increased sensitivity to light
- *Distorted vision, in which a straight line looks bent, or a door jamb looks curvy
- *Changes in the way you see color, known as “dyschromatopsia”.

It is important to see your ophthalmologist or optometrist if you experience difficulties with your vision. These eye care professionals will take a scan of the eye to see the extent of any damage.