



# Solar Eclipse Safety

## Eclipse Viewing Dos:

- Wear approved Model ISO 12312-2 glasses when looking at the solar eclipse. Even with glasses, do not look at the eclipse for more than three minutes at a time. Take short breaks by looking ahead or at the ground.
- Apply sunscreen before going outside to view the eclipse.
- Ensure eclipse glasses fit and are wearable several days before the eclipse. If the glasses are too big, make an alternate holder for a better fit.
- For young children, hold an umbrella over their heads to ensure they are not watching the eclipse without proper protection.
- Remove glasses when the Moon is completely covering the Sun; it will occur for about 2½ minutes (depending on location) – don't miss it!
- Put eclipse glasses back on when the Sun is no longer completely covered.

## Eclipse Viewing Do Nots:

- Wear ordinary sunglasses or homemade filters when viewing the eclipse.
- Use a camera or telescope to document the eclipse without talking to an expert first.
- Stare directly at the Sun with no eye protection.

