



Renfrew County and District Health Unit
"Optimal Health for All in Renfrew County and District"

For Immediate Release

(Pembroke, Ontario, April 2, 2024)

RCDHU Reminds Residents of Solar Eclipse Safety

On Monday, April 8, 2024, there will be a solar eclipse. Renfrew County and District (RCD) is just north of the path of totality (the path traced on Earth's surface by the Moon's shadow during a total solar eclipse). RCD will experience a partial eclipse.

Renfrew County and District Health Unit (RCDHU) is reminding residents to take simple precautions to stay safe and protect their eyes. Viewing the sun with the naked eye during the eclipse may cause retinal burns, blurred vision, and loss of eyesight (immediate or delayed onset). Looking at even a small sliver before or after the eclipse without approved eye protection can be harmful to your vision. Eye damage may not be immediately apparent, and symptoms can take 12-48 hours to appear. Symptoms can be permanent or temporary.

How to watch the solar eclipse safely:

- Use approved eye protection with specialized filters adhering to the ISO 12312-2 international standard to prevent eye damage. Use these tips when using approved eye protection:
 - Eclipse glasses should be inspected for wrinkles or scratches ahead of use and should not be used if damaged.
 - Ensure that eclipse glasses fully cover your field of vision.
 - Put on eclipse glasses when looking away from the Sun, then look at the eclipse. Look away from the Sun before taking eclipse glasses off.
- Do not view the eclipse through regular sunglasses.
- Do not view the eclipse through a camera/phone lens, telescope, binoculars, or any other optical device.
- If watching the eclipse with children, they should always be supervised as they may not fully comprehend the risks involved. Ensure children do not look at the eclipse without approved eye protection, help them to properly use approved eye protection, and consider alternate viewing methods.
- If approved eye protection is not available, alternative viewing strategies should be considered, such as [an eclipse box](#) or a [Livestream](#).

If you begin to experience temporary vision loss, blurred vision or eyesight loss, during or after the event, speak to your eye care professional (e.g., optometrist) or your health care provider as soon as possible. If you are experiencing blindness after viewing the eclipse (immediate or delayed), seek emergency care immediately.

For more information, please visit RCDHU's [Solar Eclipse](#) webpage.

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