



Hamilton

Mailing Address:
P.O. Box 897
Hamilton, ON L8N 3P6

Healthy and Safe Communities Department - Public Health Services
Epidemiology, Wellness & Communicable Disease Control Division
110 King St. West, 2nd floor, Hamilton, ON L8P 4S6

SAFETY MESSAGING: SOLAR ECLIPSE from Hamilton Public Health Services (Updated March 14th /2024)

On Monday, April 8th, 2024, from approximately 2:00pm to 4:30pm, many municipalities in Southern Ontario will experience a total solar eclipse, including the City of Hamilton.

Please review the following safety messaging and share it with your families and staff to help support the health and wellbeing of your children and staff during this rare event.

General Key Messaging:

1. *Avoid Staring at the Sun:* Never look directly at the sun without certified eye protection, especially during an eclipse. It can cause serious eye damage or blindness.
2. *If Viewing the Solar Eclipse You Must Use Solar Viewing Glasses:* Always use approved solar viewing glasses to protect your eyes (ISO 12312-2 compliant). Regular sunglasses and safety glasses are not sufficient. Solar viewing glasses should be inspected for wrinkles or scratches ahead of use and should not be used if damaged.
3. *Supervise Children:* Ensure that children are using solar viewing glasses and are supervised to prevent them from looking directly at the sun. Children may not fully understand the risks involved.
4. *Drive Safely:* If you're driving during an eclipse, don't look at the sun while driving. Pull over to a safe location if you want to observe the eclipse.
5. *Beware of Fake Glasses:* Use only reputable sources for solar viewing glasses to ensure they meet ISO safety standards. Counterfeit glasses may not provide adequate protection. ISO 12312-2 safety glasses are available at Hamilton Libraries, Civic Museums and Recreation Centres.
6. *Be Mindful of Pets:* Keep pets indoors or ensure they are not looking at the sun during the eclipse. Their eyes can be sensitive to the intense light.
7. *Stay Informed:* Follow local news or visit Hamilton.ca/solareclipse for updates.
8. *Avoid Using Telescopes Without Filters:* If using a telescope, ensure it has a solar filter.
9. *Protect Your Skin:* While the sun is partially obscured during an eclipse, it's still important to wear sunscreen to protect your skin from harmful UV rays.
10. *Eye Health:* Health impacts of looking at the sun or solar eclipse without approved eye protection may include retinal burns, blurred vision, and loss of eyesight (immediate or delayed onset). If appropriate eye protection is not available, alternate viewing strategies should be considered, such as an eclipse box or a LiveStream.
11. *Seeking Care:* If you begin to experience temporary visual loss, blurred vision, or eyesight loss during or after the event, speak to your eye care professional (e.g., optometrist) or health care provider as soon as possible. If you are experiencing blindness after viewing the eclipse (immediate or delayed), seek emergency care immediately.