

2024 Solar Eclipse

April 8, 2024

**IT IS NEVER SAFE TO LOOK
DIRECTLY AT THE SUN**

Do not look at the eclipse without ISO-certified eclipse shades which provide specially designed protection for viewing an eclipse.

Because Manitoba won't experience a total eclipse, there will be no time when it is safe to view the eclipse without eclipse shades.

Eclipse shades should meet with ISO 12312-2 International standard.

Don't look at the sun or partially-eclipsed sun through an unfiltered camera, telescope, binoculars or other device.

Carefully supervise children

Never look at the sun or partially-eclipsed sun through sunglasses - they do not protect your eyes adequately when looking at the sun.

Protecting eyes from UV radiation everyday

An eclipse is an unusual time when we are more conscious of protecting our eyes. It's also important to protect your eyes from the sun everyday. Cumulative daily UV exposure can cause conditions such as cataracts, macular degeneration, photokeratitis (sunburn of the cornea), and others. Children are particularly vulnerable to UV damage because they spend more time outdoors and their eyes have less capability to filter out the damaging UV.

Protect your eyes by wearing sunglasses that provide 100% UVA and UVB protection (even better if the sunglasses have large lenses and a hat that shades your eyes). Ask your optometrist for recommendations.

Find an optometrist near you at www.optometrists.mb.ca/find-an-optometrist

For more information on eye health, visit our website at optometrists.mb.ca

**The Manitoba Association
of Optometrists
encourages Manitobans to
take care of their eyes,
through regular eye
examinations and by
protecting their eyes from
the sun and other dangers.
Children's eye exams are
covered by Manitoba
Health for children under
19 years of age.**