

2024 Solar Eclipse

On April 8, 2024, from 2:00 p.m. to 4:30 p.m., parts of Ontario will experience a total solar eclipse. Learn how you can safely experience this once-in-a-lifetime event.



What is it?

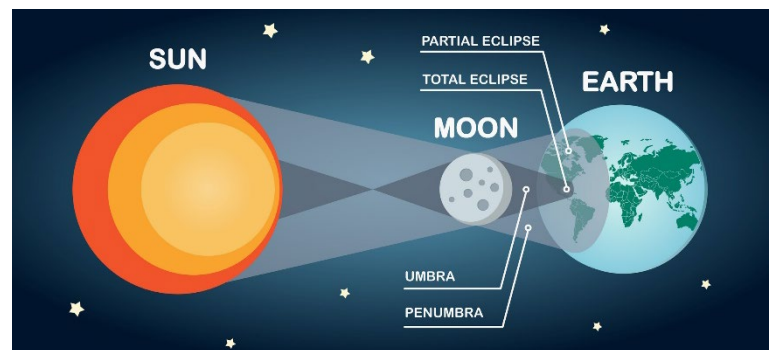
- A solar eclipse happens when the moon passes between Earth and the Sun, casting a shadow on the Earth's surface.

Health Impacts

It is never safe to look directly at the sun. During an eclipse, looking at the sun could cause:

- Retinal Burns
- Blurred Vision
- Vision Loss

It can take up to 48 hours for symptoms of eye damage from looking at the Sun to show up.



Seeking Care

Seek medical support if your experience vision loss or your vision worsens. Monitor for the following symptoms:

- Headache
- Eye redness
- Difficulty reading
- Blurred vision
- Watery eyes
- Seeing dark spots

Access local supports or contact Health 811 if you have questions or concerns.

Stay Safe

Take these steps to enjoy the eclipse safely:

- Only ISO-certified glasses (ISO 12312-2) will protect your eyes during the Solar Eclipse. Regular sunglasses will not protect your vision.
- Do not look at the Sun using a camera, phone, telescope, or binoculars or any other optical device.
- Supervise children to ensure they do not look directly at the sun and discuss safety concerns.
- Enjoy the eclipse virtually by watching a livestream if you do not have eye protection.
- Take extra care when using roads, sidewalks and trails during the eclipse timeframe.