

Ministry of Health

2024 Total Solar Eclipse Key Messages

- On April 8, 2024, from 2:00, PM to 4:30 PM, parts of Ontario will experience a total solar eclipse.
- A total solar eclipse is a rare celestial event where the moon passes between Earth and the Sun, casting a shadow on the Earth's surface. This moving shadow, called "the path of totality", will pass over many municipalities in Ontario.

General Key Messages

- **It is not safe to look at the Sun without approved eye protection.** Regular sunglasses will not protect people's eyes.
- Looking at even a small sliver before or after the eclipse without eye protection can be harmful to your vision.
- Glasses with specialized filters adhering to the **ISO 12312-2** international standard can be worn to prevent eye damage.
- 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 glasses when looking away from the Sun, then look at the eclipse. Look away from the Sun before taking glasses off.
- Children should always be supervised during eclipses as they may not fully comprehend the risks involved.

Key Eye Health Messaging

- **It is not safe to look at the Sun without approved eye protection.** Regular sunglasses will not protect people's eyes.

- Health impacts may include retinal burns, blurred vision, and loss of eyesight (immediate or delayed onset).
- Regular sunglasses will not protect people's eyes.
- It is not safe to view the eclipse through a camera/phone lens, telescope, binoculars, or any other optical device.
- If appropriate eye protection is not available, alternate viewing strategies should be considered, such as [an eclipse box](#) or a [LiveStream](#).
- Eye damage may not be immediately apparent, and symptoms can take 12-48 hours to appear.

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 your health care provider as soon as possible.
- If you are experiencing blindness after viewing the eclipse (immediate or delayed), seek emergency care immediately.