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Solar Eclipse Viewing Safety Tips



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Keep your eyes safe during the solar eclipse



Headed out to view the upcoming annular solar eclipse? Here are a few tips to keep your eyes safe.



1. Use solar eclipse viewers. View the eclipse safely with eclipse glasses or viewers that meet ISO 12312-2. Check glasses for damage before use, and create a pinhole projector if you don't have eclipse glasses or viewers.



2. Do not remove viewers while looking at the sun. Put eclipse glasses or viewers on before observing the eclipse. After viewing, turn away from the sun before removing glasses or viewers.



3. Wear viewers over your regular glasses. Put your solar eclipse glasses over your regular glasses, or hold your viewer in front of them.



4. Do not look through a telescope or binoculars. Using any of these devices can cause serious eye injury.



5. Visit your doctor of optometry. See a local doctor of optometry for a comprehensive eye exam if you experience discomfort or vision issues post-eclipse.