Solar Eclipse Viewing Safety Tips

Learn more at AOA.org
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.