



April 3, 2024

Kingsway Families,

April 8th is the day. Here is another reminder if you plan on looking at the Solar Eclipse happening. It is a phenomenon that only happens every 400 years. We will be taking precautions to protect our residents here at Kingsway. Stay safe and make sure you follow the safety protocols Public Health has put in place.

The following are guidelines as well as peak time for the solar eclipse for our area. Provided by Huron Perth Public Health

Solar Eclipse Safety

On Monday, April 8, 2024, there will be a solar eclipse when the moon moves between the sun and the earth.

In Huron and Perth counties, there will be a near-total solar eclipse between 2 p.m. and 4:30 p.m., with the peak happening at approximately 3:19 p.m. The skies will darken as the sun is partially hidden by the moon.

During this time period, it will be important to protect your eyes and pay attention to your surroundings if you are outside. This is because a solar eclipse can permanently damage your eyes if you look directly at it. Also, crowds may form, and drivers may become distracted by the darker skies or the eclipse itself.

Please note Huron Perth Public Health does not have solar eclipse eye protection available. We encourage residents to take the following precautions:

Protect Your Eyes

It is dangerous to look directly at the sun any time – and especially during an eclipse. This can harm your eyes and even cause permanent damage and loss of sight. Because the back of your eyes (called your retinas) don't have pain receptors, you will not be able to feel your eyes being damaged.

Protecting eyes during a solar eclipse:

- Do not look directly at the eclipse at all.
- If you want to view the eclipse, only use [safe solar eclipse viewers or filters](#) that meet international standard ISO 12312-2. They will make the sun look comfortably bright like the full moon.
- Please note that HPPH does not have solar eclipse viewers or filters.
- **Do not use** sunglasses, homemade filters, camera lenses, smoked glass, photographic or x-ray film or other things that are not specifically made for viewing eclipses. This includes devices used in combination with a binocular or telescope to view a solar eclipse.



- Do not take photographs.
- Do not use a viewer or filter that makes the sun look too bright, out of focus, or hazy through the device.
- Do not use the viewer or filter if you're unsure about its safety or if it is not from a reputable vendor.
- Keep a close eye on children during a solar eclipse. Their eyes let in [more light to the retina than adult eyes](#), so they are at higher risk of harm if they look at the sun without proper eye protection.

Tips when using eye protection:

- Read and follow all directions.
- Check the viewer or filter for any damage, wrinkles, punctures, or scratches before using it.
- Put on the viewer before looking at the solar eclipse and turn away from the eclipse before removing the viewer.
- Help children use their eye protection correctly and provide adult supervision.

Risks of Eye Damage from the Solar Eclipse

Staring at the sun without protection may cause [solar retinopathy](#), which is damage to your retina – the tissue at the back of your eye. Your retinas do not have pain sensors, so you will not be able to feel the damage from staring at the sun.

Symptoms may only surface 12 to 48 hours later and could involve retinal burns, temporary or permanent vision loss, and blurred vision. Unfortunately, once symptoms start, it is usually too late to reverse any resulting damage.

If you experience any changes in your vision following the solar eclipse, go to a hospital or your optometrist to be assessed. Do not drive.

Move around safely.

Although Huron Perth will only experience a near-total eclipse, this event may still cause crowds to form or distract drivers.

If driving:

- Turn on your headlights
- Don't stop on the shoulder
- Pay attention to any police or municipal barriers/road signs
- Watch out for pedestrians

If walking:

- Pay attention to your surroundings
- Do not look at the sun without proper eye protection

For more information, please visit -

<https://www.hpph.ca/en/health-matters/solar-eclipse-safety.aspx>