

SOLAR ECLIPSE

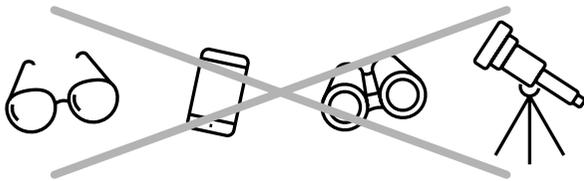
PROTECT YOUR EYES!

On April 8, 2024,
a solar eclipse will occur
in the skies over Quebec,
between 2:11 p.m. and
4:45 p.m. EST.



IMPORTANT! Do not observe the solar eclipse with the naked eye for the duration of the event.

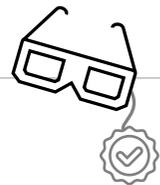
Looking at the Sun directly without proper protection can cause **permanent eye damage** and even **partial loss of vision**.



Avoid looking at the eclipse or photographing it through a lens (e.g., with a cell phone, binoculars, telescope).

Sunglasses are not sufficient protection, even to observe the eclipse for a few seconds.

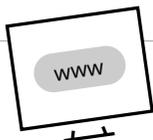
People who choose to observe it directly must protect their eyes **at all times** by using solar eclipse glasses that comply with international standard **ISO 12312-2**.



How can we make sure children and people who are less autonomous (e.g., people with intellectual disabilities, neurocognitive disorders, etc.) observe the eclipse safely?

- These people should be supervised for the duration of the eclipse to make sure that they comply with the safety measures.
- They must be offered a safe method for observing the eclipse (certified glasses, eclipse box or other method).
- If it is impossible to follow all the recommendations for direct or indirect observation, it's best to watch the eclipse on television or online.

The safest way to watch the eclipse is by indirect observation using an **eclipse box** or by watching it on the **websites of specialized organizations**.



For more information, visit [Québec.ca/solar-eclipse](https://Quebec.ca/solar-eclipse).