

Solar eclipse safety  
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## **INTRO:**

On Monday, April 8, a total solar eclipse will cross North America, passing over Mexico, the United States and Canada.

Many Midwest states will be impacted, including Missouri, Illinois, Kentucky, Indiana, Ohio and parts of Michigan. According to NASA, the partial solar eclipse will be over southern Illinois (Carbondale) starting at 12:42 p.m. Central Time, with totality beginning at 1:59 p.m.

Totality ends just minutes later at 2:03 p.m., followed by the end of the partial eclipse at 3:18.

We've all seen warnings not to stare directly at the eclipse without eye protection. While it might be tempting to ignore those warnings, don't.

The light from an eclipse can do some serious damage.

"There is a concern if you get direct sunlight for too long of a period of time to the back of your eye, you can essentially burn your retina and have permanent vision loss, sometimes complete vision loss if that exposure is long enough and intense enough," says Ben Kemp, MD, an emergency physician with OSF HealthCare.

The following are some safe eclipse [viewing tips](#) from [NASA](#):

- Wear specially made "eclipse" glasses or welder's goggles rated 14 or higher
- Use specially designed solar telescopes or solar binoculars
- Use telescopes, camera or binoculars with approved solar filters only
- Use a pinhole projector (a card with a small hole punched in it will project an image of the sun)
- Supervise children closely when they are using solar filters and eclipse glasses