

HEALTH SAFETY REMINDERS

FOR THE TOTAL SOLAR ECLIPSE



EYE PROTECTION

It is vital to use proper eye protection while viewing the eclipse. Looking directly into the sun can cause serious eye damage. The safest way to look at the solar eclipse is through eclipse glasses or solar filtered glasses. Information on reputable vendors and properly rated glasses can be found at <http://eclipse2017.nasa.gov/safety>. If viewers do not have the proper eye protection to see the total solar eclipse, or are concerned that small children may not use the eye protection properly, it is recommended to watch on television.

Accidental eye injury usually happens when safety glasses or filters are temporarily removed to focus or look through special telescopes, cameras, or lenses to photograph the eclipse.

If you are concerned that you may have sustained damage, symptoms to look out for include:

- Blurry vision
- Headache
- A blind spot in your central vision in one or both eyes
- Increased sensitivity to light
- Distorted vision, in which a straight line looks bent, or a door jamb looks curvy
- Changes in the way you see color

WEATHER

With the eclipse occurring during the warmest time of the day, Hoosiers should also consider other steps to safeguard their health. Below are some tips to prepare for an outdoor, warm weather event:

- Dress according to the weather. Bring a raincoat or light jacket if needed.
- Pack plenty of water. Limiting alcohol consumption is also encouraged.
- Always wear sunscreen, especially if in direct sunlight. It is possible to sunburn even in the shade.
- Bring all necessary medications while spending time outdoors (allergy medication, inhaler, etc.).
- Pack a small first aid kit to treat any minor injuries.

TRAVEL

Plan viewing locations for Monday's solar eclipse. Researching the area ahead of a large event and arriving early can help individuals plan for a possible emergency. In many portions of the state, there will be a large volume of viewers in compact areas. Sponsored viewing sites might not be available in all areas, so be aware that restrooms and structured seating might not be present. Stay on level surfaces and keep a safe distance from any roads. Do not park on the side of the road or highways. Only park in designated parking areas. Many viewing sites also have events after the eclipse and planning to stay a little longer can help alleviate traffic congestion.