

# Solar Eclipse Advice



The College of Optometrists is warning people not to look directly at the sun during this Friday's solar eclipse.

The reason for this warning is due to harmful radiation from the sun that can cause a burn on the retina when the sun is observed directly.

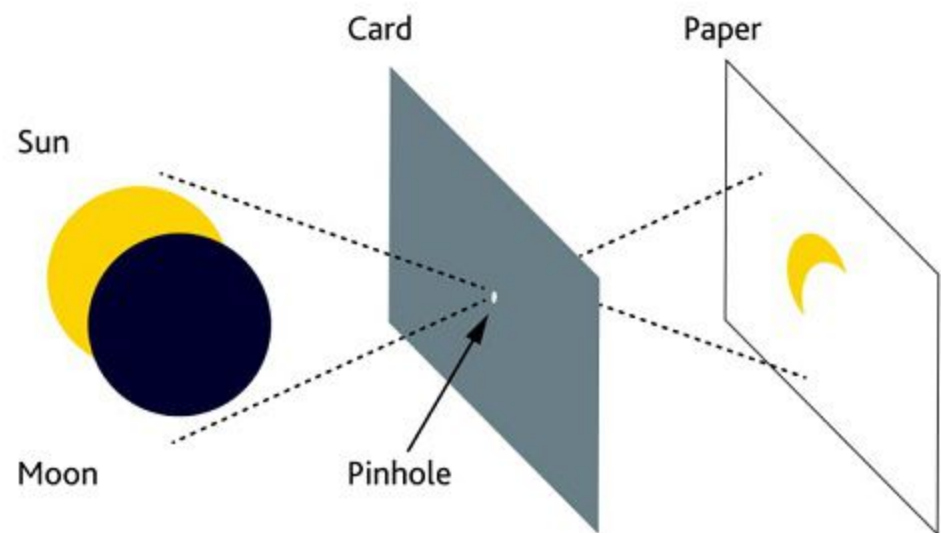
Instead, it is advised that you use proper 'eclipse glasses' which bear the CE logo, ensuring the filters are not scratched. Or using the pinhole projection method outlined below:

A pinhole projector involves putting a hole in a piece of card, and holding the card up out so that an image of the sun is projected onto another piece of paper or card. This will allow you to see the progress of the eclipse without damaging your eyes.

You will need:

- One piece of stiff card,
- One sheet of white paper,
- A sharp pin or thumbtack,

1. Make a small hole in the card using the pin.
2. With your back to the sun hold the card out with the sheet of paper behind it.
3. Adjust the distance between the paper and card to focus the projected image.
4. Only observe the projected image on the paper - never look through the pinhole.



Alternatively, watch a live stream of the eclipse online or TV. Obviously - this is the safest method to get a good view of the eclipse.

If you accidentally do look at the sun during the eclipse and have concerns about your sight, please contact us for advice. Helpful links: [www.lookafteryoureyes.org](http://www.lookafteryoureyes.org), [www.4sightopticians.com](http://www.4sightopticians.com)