

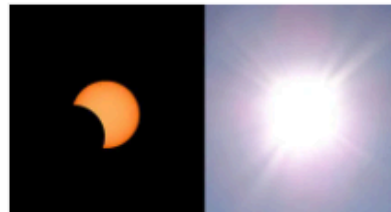
Practice Eclipse Safety

Things to Discuss with your student:

- It is not safe to look directly at the Sun unless you are wearing special eclipse glasses; sunglasses will not protect your eyes.
- During totality, it will be completely dark, but it is safe and normal.
- During totality, it is safe to look at the Sun without glasses. As soon as the Sun's light shines again, glasses need to be put back on.
- It is very important to listen to your teacher so they can tell you when to put your glasses on and take them off.
- Do not peek around your glasses.

Practice Wearing Glasses Properly:

- Check if glasses are scratched, punctured, torn, or damaged. Don't use them if they are!
- Stand still and cover your eyes with your eclipse glasses viewer before looking at the bright Sun.
- After looking at the Sun, turn away and remove your filter – do not remove it while facing the Sun.
- When it is totality time, your teacher will tell you to remove your glasses.



What the Sun looks like during partiality with and without glasses.

Phones and Cameras

- Do not look at the uneclipsed or partially eclipsed Sun through an unfiltered camera, telescope, binoculars, or other optical device.
- Do not do so even while wearing eclipse glasses or using a handheld solar viewer in front of your eyes – the concentrated solar rays could damage the filter and enter your eyes, causing serious injury.

