Watching the solar eclipse this summer in Oregon can be a once-in-a-lifetime experience. But watching it without proper protection for the eyes can cause a lifetime of vision damage. Looking directly at the sun can cause serious, permanent eye injury. The only safe time to look at the sun directly will be during the brief total eclipse when the moon covers the sun. Before and after the total eclipse, the sun should be viewed only through certified solar glasses or viewers.

**Watch the solar eclipse safely by following these important tips:**

- Use certified solar eclipse glasses or solar viewers when looking at the sun, except during the brief total eclipse when the moon covers the sun. Ordinary sunglasses will not provide adequate protection. Certified glasses and viewers will be marked with the international standard mark ISO 12312-2.
- Supervise children using solar glasses or viewers.
- Don’t look at the sun through a camera, binoculars or other optical device while using solar glasses or viewers.
- Remove glasses or viewers only when the moon covers the sun and it is totally dark. When the sun begins to reappear, use your glasses or viewer.

**Where to get certified solar eclipse glasses or viewers**

You can buy ISO certified solar eclipse glasses at retail stores throughout Oregon. Be sure to look for ISO 12312-2. Certified glasses or viewers are also available online:

- **American Paper Optics**  www.eclipseglasses.com
- **Rainbow Symphony**  www.rainbowsymphony.com
- **Total Solar Eclipse 17**  www.tse17.com

For more information, ask your eye doctor or visit this website:

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