



Our nerdiness extends past just health insurance.

Here are some tips to safely enjoy the solar eclipse on Monday.

Sorry, we can't help ourselves: 🎵 It's a solar eclipse of the heart 🎵

# Solar Eclipse: Eye Protection Tips

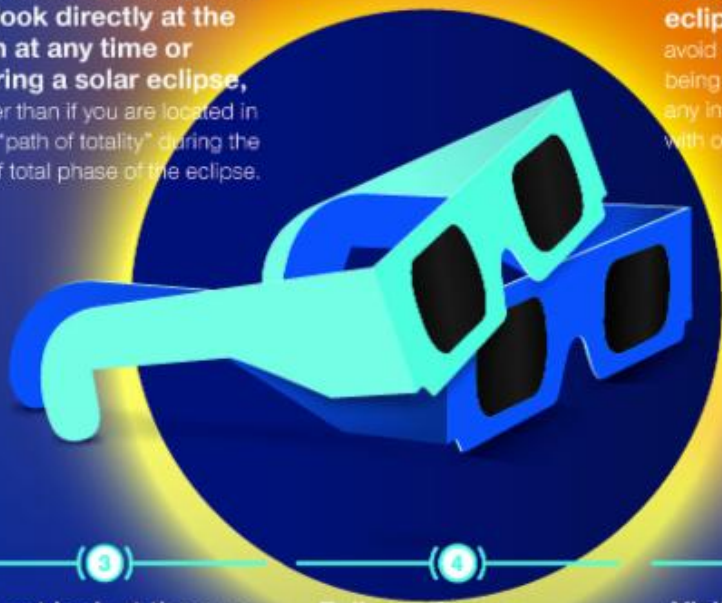
Millions of Americans nationwide will be able to view the solar eclipse on August 21, making eye safety critically important.\*

(1)

**It is unsafe for anyone to look directly at the sun at any time or during a solar eclipse,** other than if you are located in the "path of totality" during the brief total phase of the eclipse.

(2)

**Use approved solar eclipse glasses** and avoid fake viewers that are being sold. Read and follow any instructions packaged with or printed on the glasses.



(3)

**Do not look at the sun through a camera, a telescope, binoculars, or any other optical device while using your eclipse glasses,** as the concentrated solar rays can damage the filter, enter your eyes and cause serious injury.

(4)

**Eclipse glasses should be removed only once the moon completely blocks the sun.** Once the sun reappears, glasses should be replaced.

(5)

**Visit a local eye care professional for a comprehensive exam** if you or a family member experience discomfort or vision problems following the eclipse.

\*Solar eclipse eye safety tips according to the American Optometric Association.