ᑰᓕᒃᑖᒃ ᑰᒃ ᔭᐦᑲᐅᐦᑦᒃ *Have Fun but Be Safe!*

SOLAR ECLIPSE - EDITION

Monday, April 8, 2024 | From 2:12 pm to 4:35 pm

A solar eclipse occurs when the Moon completely or partially covers the Sun. People in Eeyou Istchee will be able to watch this spectacular event in the sky on Monday, April 8, 2024. If this event is fascinating to you, it must be experienced in complete safety.

Looking directly at a solar eclipse can cause permanent eye damage.

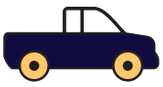
Even during a partial eclipse, the Sun's rays can still cause serious damage to the retina of your eye.

BE READY!

Special glasses are needed to watch the eclipse directly. The Canadian Space Agency recommends specialty glasses that meet the ISO 12312-2 international standard.

Normal sunglasses will not protect your eyes.

DRIVE SAFELY!



You can drive during a solar eclipse but focus on the road!

Don't try to look at the eclipse directly.

Solar eclipse glasses should be worn for viewing the eclipse only as they significantly reduce your visibility, making them dangerous to wear while driving.

Obey traffic laws! Try not to stop and get out of your vehicle, this could slow traffic and may cause disruption or possibly a collision!

IF YOU ARE TRAVELLING...

If you are travelling to view the full eclipse, give yourself 24-48hrs before the eclipse to reach your destination.

WATCH ONLINE

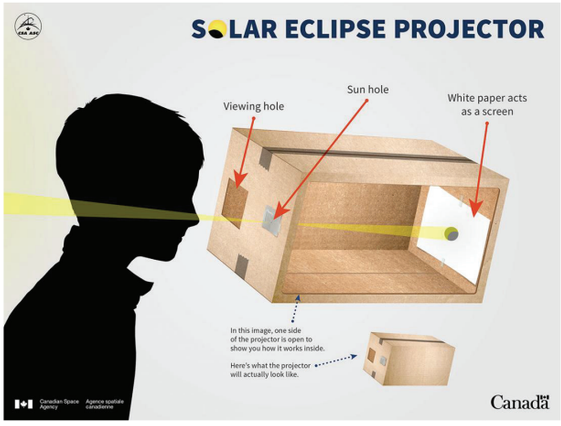
Watch an online livestream of the event from a verified source. Alternatively, check out a recording of the eclipse after it has happened!

PREPARE AHEAD OF TIME

If you are in an area where the Sun is completely or partially hidden; prepare ahead of time if you have errands or other events that could be taken care of before or afterwards.

BUILD YOUR PROJECTOR!

If you can't find eclipse viewers, you can make your own eclipse observation box to watch the eclipse.



It's important to **only watch the screen**, not the Sun. Never look at the Sun during an eclipse.

TIMES FOR EEYOU ISTCHEE

Please be careful during the entire Eclipse, from 2:12pm and 4:35pm.

- **2:12**-2:18 pm — Partial Eclipse begins
- 3:22-3:27 pm — Maximum Eclipse
- 4:28-**4:35** pm — Partial Eclipse ends

ᒥᔅᐱᒫᑎᓱᐅᓐ ᐊᑲᓇᑭᒋᐦᑖᑭᓄᑦ
CONSEIL CRI DE LA SANTÉ ET DES SERVICES SOCIAUX DE LA BAIE JAMES
CREE BOARD OF HEALTH AND SOCIAL SERVICES OF JAMES BAY

For more information, please visit our website: **creehealth.org/eclipse**

CBHSSJB_PH-SE_2024_V4