



SOLAR ECLIPSE ON APRIL 8th, A PHENOMENON TO OBSERVE SAFELY

Kuujjuaq, March 25th, 2024 – A solar eclipse occurs when the Moon passes between the Earth and the Sun, casting its shadow on the Earth. On April 8, 2024, a solar eclipse will occur in the sky over Quebec. The Moon will begin its passage in front of the Sun and create a partial eclipse. In southern Quebec only, the Moon will completely block the Sun for a few minutes, creating a total eclipse. Many people may be tempted to observe this spectacular phenomenon.

Caution!

Don't look at the solar eclipse with the naked eye for the entire duration of the event. Looking at the eclipse without suitable protection can cause serious permanent damage to your eyes.

When?

The solar eclipse will take place everywhere in Quebec on April 8th, from around 2:11 p.m. to 4:25 p.m.

The total eclipse, a rare phenomenon that can only be observed in southern Quebec, will last a few minutes around 3:25 p.m. and 3:40 p.m.

What to do on April 8th

Being outdoors during a solar eclipse is not a health hazard if you're not looking directly at the Sun. You can enjoy your usual outdoor activities throughout the eclipse. We advise you to:

- Wear a wide-brimmed hat or cap;

- Stand with your back to the sun as much as possible;

- Avoid observing or photographing the eclipse through a lens (e.g. binoculars, telescope) without a suitable sun filter;

- Avoid observing or photographing the eclipse through your cell phone.

For those who plan to observe the eclipse:

Whether or not you observe the eclipse, the instructions above apply.

If you decide to observe the eclipse, protect your eyes adequately. The safest methods are indirect, such as using a closed box or watching a livestream.

People who choose to observe the eclipse directly should always protect their eyes by using solar eclipse glasses that meet the international standard ISO 12312-2.



PUBLIC NOTICE

Before using certified glasses, you must:

- Make sure they come from a reliable supplier, either directly from the manufacturer or from a recognized distributor;
- Check the lenses and frame for damage before use;
- Be aware that eclipse glasses can be worn over your regular glasses if they cover the eyes well.

At all times, supervise children and people who are not self-sufficient so that they follow the instructions.

In case of eye symptoms, which may develop in the hours or days following the observation of the eclipse, contact your CLSC to be redirected to an eye care professional.

For more information, see:

- NRBHSS website
- <u>The Government of Quebec's website</u>
- The <u>eclipsesquebec.c</u>a website

The Nunavik Regional Board of Health and Social Services is a public agency created in 1978 under the James Bay and Northern Quebec Agreement. It is responsible for nearly the entire Quebec territory located north of the 55th parallel in terms of the provision of health and social services for the inhabitants of the 14 communities.

Source: Nunavik Regional Board of Health and Social Services

For information:	Kathleen Poulin
	Communications Officer, NRBHSS
	Media.nrbhss@ssss.gouv.qc.ca