

Eclipse *Safety Tips*

WEAR ECLIPSE GLASSES

- Regular sunglasses are not dark enough to protect your eyes from permanent damage during an eclipse.
- Your eclipse glasses should meet the ISO 12312-2 standard and be labeled accordingly.
- If you don't see the ISO 12312-2 label anywhere on your glasses, they're probably counterfeit and won't protect your eyes.

PROTECT YOUR SKIN, TOO

- Wear sunscreen, a hat and other protective clothing while watching the eclipse.

ANTICIPATE TRAFFIC

- Expect heavy traffic from Thursday, April 4th to Tuesday, April 9th (especially April 8th, the day of the eclipse).
- Schedule any appointments, grocery shopping or gas runs accordingly.
- Plan ahead so you don't have to travel to errands or appointments during this period.

BE AWARE OF YOUR SURROUNDINGS

- People will focus on the sky rather than where they're walking or driving.
- Pay extra attention while navigating a large group of people, walking in a field or using a camera.

PREPARE FOR SUPPLY SHORTAGES

- Stock up on essentials like food, water and toiletries starting April 4th.
- Refill any prescriptions at least a few days before the eclipse on April 8th.
- Fill up with gas due to increased traffic in the area, depleting gas station supply.

SEEK MEDICAL ATTENTION IF NEEDED

- Heat exhaustion, dehydration and broken bones are the most common outdoor event injuries.
- Walk in at Coryell Health Quick Care for illnesses and injuries requiring immediate attention that aren't life-threatening.
- Call 911 for more serious injuries.

