

Solar eclipses are amazing phenomena, but those who don't enjoy safely can seriously damage their eyes, or worse. Here are some 2024 Solar Eclipse Viewing Safety Websites, along with some safety tips.

<https://science.nasa.gov/eclipses/future-eclipses/eclipse-2024/safety/>
<https://www.nsc.org/community-safety/safety-topics/seasonal-safety/how-to-watch-a-solar-eclipse>
<https://www.aao.org/eye-health/tips-prevention/solar-eclipse-eye-safety>
<https://eclipse.aas.org/eye-safety>

Additional Safety Tips:

Traveling and viewing:

- Find a safe place to pull over. Never pull onto the shoulder of a road or highway except in an emergency.
- Do not park in restricted areas or in locations reserved for emergency vehicles and make sure to leave room for emergency vehicles to access roadways.
- Pay attention to the road and other drivers. A solar eclipse is likely to create some distracted drivers.
- There will likely be increased traffic on roads so take it slow and be patient.
- When the solar eclipse occurs use your headlights to increase visibility for you and other drivers.

If you venture out hiking to view the solar eclipse remember

- April weather is unpredictable. The Adirondack Mountains are often very cold even in April. Dress in layers and use appropriate hand and footwear (cold and water proof).
- There is likely to be ice and snow on many of the mountain hiking paths in April especially as you go up in elevation.
- Mud and wet conditions are also likely at lower elevation as the season transitions into Spring.
- Daylight is still limited in April so make sure you have time to get in and out of the hiking trails before sundown.
- Always tell someone where you are headed and when you expect to return.
- Bring extra safety gear including a change of clothes, flashlight, safety flares, first aid kit and fire starting equipment just in case.
- Check with New York State DEC for trail conditions and closings as well as parking restrictions.

If you venture out onto water to view the solar eclipse:

- Make sure to wear a life vest regardless of the size of the watercraft. Water temperatures are likely to be below 55 degrees and
- Cold water drains body heat up to 4 times faster than cold air. When your body hits cold water, "cold shock" can cause dramatic changes in breathing, heart rate and blood pressure. The sudden gasp and rapid breathing alone creates a greater risk of drowning even for confident swimmers in calm waters.
- In rougher open water this danger increases. Unplanned immersion in cold water can be life-threatening for anyone without protection from the temperatures or a lifejacket to help you stay afloat.
- When Cold Shock and Hypothermia begin to impact your ability to think and act, lifejackets and floatation can create extra time for help to arrive or for you to get out of danger.
- Pay attention to changing weather conditions. If it's too rough don't venture out.

