



TOWN OF NORTH READING BOARD OF HEALTH

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SOLAR ECLIPSE : HEALTHY VIEWING

Protective eyewear is essential for viewing a partial solar eclipse. Unprotected viewing can result in something called solar retinopathy which occurs when light damages the retina in your eye. It can take just a few seconds of viewing to do permanent damage.

Only approved eclipse-viewing glasses (look for products meeting the ISO 12312-2 international standard) will give you the protection you need to look at the partial eclipse. This will be important here in the Boston area, where we aren't in the path of totality but should still have great seats for the 2024 eclipse. Don't try to use regular sunglasses - they won't be strong enough.

If you can't get your hands on a pair of eclipse glasses, there are other indirect ways to see the spectacle safely. [Here are some suggestions from the American Astronomical Society.](https://eclipse.aas.org/eye-safety/projection) (<https://eclipse.aas.org/eye-safety/projection>).

This table provided by NASA provides the time that totality begins in some U.S. cities in the path of totality. These areas will also experience a partial eclipse before and after these times.

Location	Partial Begins	Totality Begins	Maximum	Totality Ends
Dallas, Texas	12:23 p.m. CDT	1:40 p.m. CDT	1:42 p.m. CDT	1:44 p.m. CDT

Location	Partial Begins	Totality Begins	Maximum	Totality Ends
Idabel, Oklahoma	12:28 p.m. CDT	1:45 p.m. CDT	1:47 p.m. CDT	1:49 p.m. CDT
Little Rock, Arkansas	12:33 p.m. CDT	1:51 p.m. CDT	1:52 p.m. CDT	1:54 p.m. CDT
Poplar Bluff, Missouri	12:39 p.m. CDT	1:56 p.m. CDT	1:56 p.m. CDT	2:00 p.m. CDT
Paducah, Kentucky	12:42 p.m. CDT	2:00 p.m. CDT	2:01 p.m. CDT	2:02 p.m. CDT
Carbondale, Illinois	12:42 p.m. CDT	1:59 p.m. CDT	2:01 p.m. CDT	2:03 p.m. CDT
Evansville, Indiana	12:45 p.m. CDT	2:02 p.m. CDT	2:04 p.m. CDT	2:05 p.m. CDT
Cleveland, Ohio	1:59 p.m. EDT	3:13 p.m. EDT	3:15 p.m. EDT	3:17 p.m. EDT
Erie, Pennsylvania	2:02 p.m. EDT	3:16 p.m. EDT	3:18 p.m. EDT	3:20 p.m. EDT
Buffalo, New York	2:04 p.m. EDT	3:18 p.m. EDT	3:20 p.m. EDT	3:22 p.m. EDT
Burlington, Vermont	2:14 p.m. EDT	3:26 p.m. EDT	3:27 p.m. EDT	3:29 p.m. EDT
Lancaster, New Hampshire	2:16 p.m. EDT	3:27 p.m. EDT	3:29 p.m. EDT	3:30 p.m. EDT
Caribou, Maine	2:22 p.m. EDT	3:32 p.m. EDT	3:33 p.m. EDT	3:34 p.m. EDT

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