

Mayo Clinic Minute

Eye safety during the total solar eclipse

	All eyes will soon be on the sky as we await a rare celestial event.
William L. Brown, O.D., Ph.D. Ophthalmology Mayo Clinic Clip 1 00:02:56	"A solar eclipse happens when the moon comes between the sun and the Earth and so in specific places on the Earth they line up perfectly."
NASA eclipse animation	"A total eclipse is when you see the moon entirely cover the sun."
	Looking directly at the sun can be dangerous. Mayo Clinic's Dr. William Brown explains that when you look at bright light, the rods and cones in your eye need time to recover.
Dr. Brown Clip 1 00:05:18	"Well, when you're staring at the sun, they don't have a chance to recover, and they may totally be lost due to the damage that can occur from looking at the sun."
	Dr. Brown says these International Standard Organization – or ISO - 12312-2 eclipse glasses are the only ones safe to wear to view the sun. But be sure they are from a reputable source.
	Dr. Brown says regular sunglasses absorb roughly 90 percent of the sun's rays...while eclipse glasses absorb more like 99.9999 percent.
	For the Mayo Clinic News Network, I'm Ian Roth.