

April 8, 2024

2024 Total Solar Eclipse



Health and Safety

Niagara County

Department of Health

Prepare ahead of time

- It is recommended to **stay home** during the eclipse and on eclipse day.
- Attend all your **medical appointments** before hand, like dialysis or check-ups.
- **Refill all prescriptions** to ensure you don't run out on the day of the eclipse
- If you must travel on eclipse day, **prepare for delays** and plan to accomodate for **extra travel time**.

Keep your eyes protected

- **Do not look directly at the sun** unless you are wearing **ISO 12312-2** certified eclipse glasses from a **trusted source**.
 - Sunglasses will not protect your eyes from “eclipse blindness”
- One of the safest ways to view the eclipse without harming your eyes is using a **pinhole projector**.
 - Additional safety information, including a list of eclipse glasses suppliers, can be found on the [American Astronomical Society](#) website

Don't forget sunscreen!

- You should **protect your skin from the sun**, even during an eclipse.
- The sun throughout the day can be very bright, including during the partial phases of a solar eclipse. If you are planning to spend time outdoors, you should be wearing **broad-spectrum sunscreen** with a **sun protection factor (SPF) of 15 or higher**.

Prepare for weather

- Springtime weather can be cold, snowy, or rainy.
- Be prepared with **appropriate clothing and footwear**, such as jackets and boots.
- Have **alternate plans** should the weather present hazards
- Check **public land conditions** and regulations **before you go**

Be prepared while driving

- **Traffic volume** is expected to be **very high** on the day of the eclipse.
- If you must drive:
 - Consider using **511NY** to stay up to date on **travel conditions**, including road closures and traffic.
 - Pack an **emergency kit** including water, fuel, medications, and food in your vehicle.
- If you are driving during the eclipse, choose a **safe viewing destination off the road** to avoid accidents.

Watch out for ticks and mosquitoes

- Be aware of **ticks, mosquitoes, and plants** that can cause skin irritations.
 - *Leaves of three, let them be!*
- **Cover your skin** as completely as possible when in woods or fields.
- **Check yourself for ticks** during the day and do a thorough tick check at the end of the day.
 - If you find a tick, use **fine-point tweezers** to remove it.
- Use tick or mosquito **repellents**.

Leave wildlife alone

- Nocturnal animals, such as bats, raccoons, or owls **may come out during totality** due to changes in sunlight.
- **Never touch wildlife**, as they may carry rabies or other diseases that can harm human health.

Prevent wildfires

- Wildland fire season begins in February and lasts through May in New York State.
- Never park your car on **yellow to brown grass or brush.**
- When towing a trailer, make sure that the safety chains are attached correctly and not dragging on the ground.
- Clear at least **3 feet** of burnable material from around any outdoor fire, and ensure that any outdoor fires are **extinguished** before you leave.
- Never leave an outdoor fire **unattended.**