



# HEALTH & WELLNESS NEWS

## Eye safety important during total solar eclipse

Experiencing a solar eclipse can be an awe-inspiring phenomenon, and in that excitement and hoopla many eclipse watchers may forget to take precaution and maintain eye safety when viewing an eclipse.

The most important thing to remember is that it is never safe to look directly at the sun, or the sun's rays, even if the sun is partially covered by an eclipse. Young children are especially at higher risk due to their ocular media and lens being clearer and allowing more light and radiation to pass through the eyes, resulting in permanent damage to the retina, which can lead to significant vision loss and even blindness.

Fortunately, there are a few methods available to view a solar eclipse safely.

### Solar Eclipse Glasses

The only safe way to look directly at an uneclipsed or partially eclipsed sun is through a special solar filter. Ordinary sunglasses and other tinted lenses will not be sufficient in protecting your eyes. The special solar filters are made of proprietary black or silver-black polymers and must be ISO 12312-2 certified. Solar eclipse glasses can be readily found at vendors on the Internet. However, recommended manufacturers are Rainbow Symphony, American Paper Optics and Thousand Oaks Optical. Grand Ronde Station has solar eclipse glasses available for sale at \$2 each.

### Pinhole Projection

Another safe way of viewing a solar eclipse is through pinhole projections. To make a quick version of the pinhole projector, take a sheet of paper or cardboard and make a tiny hole in the middle of it using a pin or a thumbtack. Make sure that the hole is round and smooth. With your back toward the Sun, hold one piece of paper above your shoulder allowing the Sun to shine on a blank surface, such as another sheet of paper.

### Welding Lenses Shade 14

Another, if impractical, way of safely viewing a solar eclipse is through welder's lenses. Shade 14 is the only approved shade for viewing a solar eclipse. The material is much more specialized and costly than the solar eclipse filter or pinhole projection. But for those with welding materials in hand, it's certainly another option.

The total solar eclipse will occur on Monday, Aug. 21, 2017, and will last for a few hours beginning about 9:05 a.m. The total solar eclipse will occur for 101 seconds starting at 10 seconds before 10:17 a.m.

Other tips for viewing the solar eclipse:

Do not look at the uneclipsed or partially eclipsed sun through an unfiltered camera, telescope, binoculars or other optical device. Similarly, do not look at the sun through a camera, a telescope, binoculars or any other optical device while using your eclipse glasses or hand-held solar viewer — the concentrated solar rays will damage the filter and enter your eye(s), causing serious injury.

Stand still and cover your eyes with your eclipse glasses or solar viewer before looking up at the bright sun. After glancing at the sun, turn away and remove your filter — do not remove it while looking at the sun.

The only safe time to view a solar eclipse is during a total eclipse, which is a small window of time where the moon completely covers the sun. Oregon, and specifically Grand Ronde, lies within the path of totality, resulting in us being able to view a total solar eclipse.

Dark sunglasses, neutral density or polarizing filters (such as those made for camera lenses), smoked glass, exposed film, "space blankets," potato chip bags, DVDs and any other materials you may have heard about for solar viewing are not safe.

In some cases these homemade filters may seem like they dim the Sun to a comfortable level, but that doesn't mean they do so across the whole electromagnetic spectrum. While you're enjoying a "comfortable" view of the "dim" Sun, solar infrared radiation could be cooking your retinas. And you wouldn't know until later, because your retinas don't have pain receptors. Only after the eclipse, when you notice blind spots or other vision problems, would you realize you'd made a catastrophic mistake.

Observing a solar eclipse, especially with a chance to view one in totality, can be an once-in-a-lifetime opportunity. Keeping your eyes safe and protected from permanent damage is also once in a lifetime.

By keeping in mind the dangers of viewing a solar eclipse improperly, we can easily take precaution, and not miss one of nature's most beautiful events!

### Solar Eclipse Safety Resources:

<https://eclipse.gsfc.nasa.gov/SEhelp/safety.html>

<https://eclipse.gsfc.nasa.gov/SEhelp/safety2.html>

[http://web.williams.edu/Astronomy/IAU\\_eclipses/look\\_eclipse.html](http://web.williams.edu/Astronomy/IAU_eclipses/look_eclipse.html)

## Attention: Health & Wellness Center Eclipse Operations – Aug. 21

The Grand Ronde Health & Wellness Center will be staffed with a skeleton crew on Monday, Aug. 21, 2017.

Urgent care services will be provided. Medical Clinic staff will triage patients according to the urgency of their medical needs and/or symptoms.

Unfortunately, because of limited staff availability, we will not be able to provide routine or regularly scheduled visits. We will be able to provide care for minor illnesses or injury, such as, flu, strep throat, sprains and strains, and seasonal allergies.

Limited Pharmacy and Behavioral Health services also will be available.

## Sports physicals

It's that time of year again to sign up for a sports physical. There are 20 spots open and you get a gift when you come into the Health & Wellness Center for a physical. Medical has set aside times for sports physicals from 2 to 5 p.m. Tuesday, Aug. 22. Call to schedule an appointment at 503-879-2002.

## Health & Wellness Center patient feedback process

The Grand Ronde Health & Wellness Center is striving to provide patients with access to communicate challenges, concerns and positive feedback. Patients are encouraged to discuss their concerns directly with their health care provider, or any other member of the health care team, when it occurs so that it can be resolved immediately if possible.

All complaints, concerns and positive feedback are tracked and considered valuable for quality improvement purposes. Quality Improvement Manager Dawn Doar can be available to discuss information that the patient would like to share regarding complaints, concerns and positive feedback. The information is collected, documented and submitted for review to the director of the department and a response is communicated to the patient within seven to 10 business days. All urgent matters are handled in a timelier manner for solution.

Doar can be reached at 503-879-1303 or in person in Wing B, Administration, 2nd Floor. To avoid risking protected health information from being shared, it is not recommended to contact her through e-mail. In the case that you would like her to contact you for more information, please feel free to e-mail her at [dawn.doar@grandronde.org](mailto:dawn.doar@grandronde.org). Information also can be mailed to the GRHWC Administration address: P.O. Box 338, Grand Ronde, Ore., 97347 if preferred.

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