

**FIGHTING
DISINFORMATION**

12/08
ECLIPSE



GOBIERNO
DE ESPAÑA

MINISTERIO
DE CIENCIA, INNOVACIÓN
Y UNIVERSIDADES



TRÍO DE ECLIPSES
ESPAÑA

CONTEXT

- » **A total solar eclipse will take place on Wednesday, August 12, 2026.** It will be the first total eclipse visible from the Iberian Peninsula in more than a century (the previous one occurred in 1905 and the last total eclipse in continental Europe happened in 1999).
- » The eclipse will be visible as a partial eclipse in northern North America, much of Europe, and western Africa. It will begin at 17:34 (official time in mainland Spain and the Balearic Islands) in the Bering Sea and will end at 21:58 in the Atlantic Ocean. The total duration of the phenomenon will be 264 minutes (just under 4 and a half hours).
- » Spain being at the end of the eclipse path, **totality will happen at sunset** with the sun very low on the western horizon.
- » **The maximum of the eclipse will occur at 7:46 PM** (official time in the Peninsula and Balearic Islands) near Iceland. **The maximum duration of the total eclipse will last 2 minutes and 18 seconds.**
- » **Totality will happen across Spain from west to east.**, passing through many province capitals such as A Coruña, Lugo, Oviedo, León, Zamora, Valladolid, Palencia, Segovia, Burgos, Soria, Santander, Bilbao, Vitoria-Gasteiz, Logroño, Guadalajara, Cuenca, Zaragoza, Teruel, Lleida, Tarragona, Valencia, Castelló de la Plana and Palma.
- » Outside totality, the phenomenon will be observed as a partial eclipse.
- » **A trio of eclipses.** This eclipse is part of an exceptional sequence of three Iberian eclipses:
 - Total eclipse of August 12, 2026.
 - Another total eclipse on August 2, 2027.
 - Annular eclipse on January 26, 2028.
- » **After this trio**, a total eclipse will not be visible from Spain again until 2053.
- » The Ministry of Science, Innovation and Universities has launched the website **Trio of Eclipses** web with all the information about these three astronomical events: www.trioeclipses.es.

FIGHTING DISINFORMATION

The extraordinary nature of the phenomenon, coupled with its extensive media coverage and the novelty factor arising from the fact that many people have never experienced a similar event, creates fertile ground for the circulation of scientific misinformation: recycled ancestral myths, viral hoaxes with purported authorship from official agencies, and genuine confusion about eye safety measures.



UNTRUE:

"The Earth will lose gravity for 7 seconds on August 12." Videos have been circulating on TikTok and Instagram claiming this, citing an alleged leaked NASA document and the involvement of the Pentagon, with budget figures included to give an appearance of truth.



TRUE:

No such document exists. NASA has explained that Earth's gravity depends on the planet's mass and is not altered in any way by an eclipse. An eclipse is an optical phenomenon caused by the interposition of the Moon between the Sun and the Earth; it does not modify the Earth's mass nor, therefore, its gravitational force.



UNTRUE:

"During the eclipse, a special radiation is emitted that causes health damages or contaminates food." Some claim that the eclipse generates a specific kind of radiation different than the usual radiation, capable of "poisoning" food cooked during the eclipse or affecting the health of whoever is cooking at that moment.



TRUE:

During an eclipse, even a total eclipse, the radiation from the solar corona is up to a million times weaker than direct sunlight and its properties when passing through the atmosphere are not different from any other day. The only proven risk is optical, by looking directly at the sun without protection. And there is no physical mechanism by which the eclipse can alter food or the organism from a distance.



UNTRUE:

"The eclipse causes birth defects or premature births in pregnant women". There is a belief that exposure of a pregnant woman to the eclipse can cause foetal malformations (such as cleft lip) or bring on premature birth.



TRUE:

There is no scientific evidence to support any of these claims. Scientific and medical societies agree that the eclipse has no biological effect on pregnancy: it does not emit any type of anomalous radiation compared to a day without an eclipse, and the only real associated risk is direct observation of the Sun without approved eye protection, just like for any other person.



UNTRUE:

"It is recommended not to go outside during the eclipse". Some messages circulating recommend staying home throughout the phenomenon, presenting it as a general environmental or atmospheric hazard.



TRUE:

The eclipse poses no risk simply because it is outdoors. The only precaution needed is to avoid looking directly at the sun without certified eye protection. All other daily activities can proceed as normal.

FIGHTING DISINFORMATION



UNTRUE:

"If you are wearing regular sunglasses, or if you just take a quick peek, your eyes will be all right". Some say that conventional sunglasses provide sufficient protection and that briefly glancing at the sun during partial phases is harmless.



TRUE:

No conventional sunglasses block enough solar radiation for safe viewing. Only filters certified according to ISO 12312-2:2015, purchased from optical establishments, and without scratches or damage are an appropriate protection.

TRUE:

The retina has no pain receptors, so an injury (solar retinopathy) can occur in seconds without the person feeling any pain, and the damage caused can be irreversible.

TRUE:

Binoculars, cameras, and telescopes also require specific solar filters placed on the front of the instrument; never eclipse glasses attached to the eyepiece.



UNTRUE:

"The strange behaviour of animals during the eclipse is a paranormal or unexplained phenomenon." Viral videos are circulating of farm animals lying down to sleep or behaving in unusual ways, as if it were something mysterious without a scientific explanation.



TRUE:

This is a perfectly explainable behavioural response: animals perceive the sudden drop in light and temperature as if night were falling and react accordingly (birds stop singing and seek shelter, nocturnal insects become active, farm animals prepare to sleep). There is no supernatural component: it is a reaction to a real and temporary environmental change.



UNTRUE:

As has already happened with previous eclipses (for example, in the US in 2024), images and videos generated with AI are expected to circulate showing the eclipse from locations where, due to the actual path of the phenomenon, it will not be possible to observe it at all.



TRUE:

Before sharing spectacular images of the eclipse, it is advisable to verify the source and compare the location with the official path of totality published by the Ministry of Science, Innovation and Universities and other official sources such as NASA and the National Geographic Institute. AI-generated content often presents inconsistencies in shadow geometry, sky colour, or environment that does not correspond to the actual physics of the phenomenon.

FIGHTING DISINFORMATION

SOURCES

[Trío de eclipses - Ministerio de Ciencia, Innovación y Universidades](#)

[Eclipse total de Sol del 12 de agosto de 2026 - Instituto Geográfico Nacional](#)

[Información astronómica. Eclipse total de Sol del día 12 de agosto de 2026 - IGN](#)

[NASA - Total Solar Eclipse of 2026 Aug 12](#)

[Eclipse Viewing Safety - NASA Science](#)

[Eclipse total en España en agosto 2026 - Colegio de ópticos y optometristas](#)

FACT-CHECKING ARTICLES AND SCIENTIFIC EVIDENCE

[Mitos y supersticiones sobre eclipses - Science Media Center](#)

[Es falso que el 12 de agosto la Tierra perderá la gravedad durante 7 segundos - Ecuador Chequea](#)

[Tripleta de eclipses solares en España: los bulos más recurrentes - Newtral](#)

[Desinformaciones y curiosidades sobre los eclipses: desde su \(nulo\) impacto en la salud general hasta las teorías sobre su origen - Maldita.es](#)

[Will Earth lose gravity for 7 seconds on Aug. 12, 2026? The truth about alleged NASA doc | Snopes.com](#)



GOBIERNO
DE ESPAÑA

MINISTERIO
DE CIENCIA, INNOVACIÓN
Y UNIVERSIDADES



TRÍO DE ECLIPSES
E S P A Ñ A