

CAUTIONS

Poison oak, rattlesnakes and ticks are native inhabitants at Wind Wolves Preserve. Most visitors won't come into contact with them, but you should be aware of their presence and try to avoid them so your visit here will be safe and pleasant.

POISON OAK



Poison Oak can be found growing in moist and shaded areas. The leaves are multi-lobed and grow in bunches of three. New leaves are reddish in color and turn to a glossy green, only to turn reddish again before dropping in the fall. Most people have some type of skin reaction (sometimes severe) when they come in contact with the oil found on this shrub. A rash can develop from contact with the branches even after the leaves have dropped. Wearing long pants, long sleeved shirts, and shoes while hiking can help prevent contact with poison oak. If you are exposed to poison oak wash the area immediately with soap and water, as the oil can remain on the skin, clothes, or pets and be spread to other parts of the body or other people. The use of calamine lotion or oral antihistamines, such as Benadryl to relieve itching, may help.

RATTLESNAKES



Late spring and summer is when snakes will often emerge from their burrows. Make sure you stay on marked trails as the adjacent tall grass easily camouflages snakes and you may not see them till you are literally right on top of them. All snakes have the ability to bite and may if they are disturbed or irritated. Southern Pacific Rattlesnake have diamond shaped heads and rattles at the tips of their tails, which they do not always rattle as a warning. Should you come across what you believe is a rattlesnake **do not** approach it. If a rattlesnake bites you, seek medical attention immediately.

TICKS



Ticks inhabit the wooded and grassy areas. The western black-legged tick can transmit the Lyme disease bacteria to humans. Ticks drop from the tips of grasses and shrubs or crawl onto their hosts from nearby leaf litter. They feed by inserting their mouth parts into the skin of a person or animal, and are often found in hard-to-see and hairy areas such as the groin, armpits, and scalp. Ticks must be attached for 48 hours or more to transmit Lyme disease. Be sure you check yourself for ticks as soon as possible after hiking in wooded or grassy areas. Should you get bitten by a tick and later notice signs of Lyme disease: fatigue, chills and fever, headache, muscle and joint pain, swollen lymph nodes, or a red circular skin rash at the site of the tick bite, seek medical attention immediately.