You are Responsible for Your Safety

Natural areas present hazards. Icy or uneven ground, wild animals, and changing weather pose dangers. Rocks roll, trees topple, and limbs drop without warning. People create other hazards via campfires, traffic, snowplay, and poor decisions.

Water is the main cause of death here. Many drowning victims just walking or climbing near rivers unexpectedly fell in.

The National Park Service works to reduce risks, but your safety is in your own hands. Keep alert. Read warnings and ask a ranger for advice.

DROWNING
The #1 cause of death in national parks! Be careful around water; falling in is as dangerous as swimming. Once in a river, getting out can be nearly impossible: Rocks are smooth and slippery; swift, cold water rapidly saps your strength. Currents are always stronger than they appear, even during low water. Ask at visitor centers about river conditions.

DISEASE PRECAUTIONS
Do not feed or touch ANY wild animals. Avoid areas of rodent activity, as fleas on rodents can carry *plague* and deer mice feces can carry *hantavirus*. *West Nile virus* is passed by bites from infected mosquitos. Human illness is not common, but take steps to avoid mosquito bites.

TICKS are common in foothill and Kings Canyon grasses; check yourself after a walk. Their bite is painless, but a small percentage carry *Lyme disease*. Remove them carefully with tweezers; seek a doctor's advice.

GIARDIA
This protozoan in lakes and streams causes intestinal upset. Iodine and other chemicals may not be as reliable as heat in killing bacteria and Giardia, but can be effective if used properly. Boil drinking water from waterways for at least 3 minutes.

POISON OAK
A common shrub up to 5000 feet elevation. Red leaves and whitish berries in fall; bare in winter; shiny green leaves in groups of three in spring. If you touch any part of it, wash skin and clothes right away.

HYPOTHERMIA
This life-threatening condition can occur year-round. Stay dry; snack often. If others don't respond to the need for warmer clothes or are stumbling, forgetful, or extremely tired and drowsy, get warm sugary drinks into them immediately. Get them into dry clothing, sleeping bags, and shelter.

RATTLESNAKES
Found in much of these parks; especially common in the foothills and near water. Watch where you put your hands and feet! Do not harass or kill them; this is when most bites occur. Bites are rarely lethal, but tissue damage can be severe. If bitten, avoid panic; call a ranger or 911.

LIGHTNING
See dark clouds or lightning? Hear thunder? Get inside a large building or a vehicle (not convertible), if possible. Do not stand under trees or in shallow caves. Avoid projecting above your surroundings, such as standing on a ridge, on Moro Rock, or in open meadows. Stay away from open water, wire fences, and metal railings, which can carry lightning from a distance.

CARBON MONOXIDE
This odorless, colorless gas can be fatal. Never burn charcoal in closed spaces, e.g. a tent or RV.

OZONE POLLUTION
See air-quality forecasts in visitor centers. Most ozone rises into the Sierra Nevada on warm winds. Levels of this colorless gas are highest from May to October, peaking in late afternoon. The peaks sometimes reach "unhealthy" state/federal standards, and can affect respiratory systems. Ozone forms from gases in car and factory exhaust.

WEAK CELL SIGNALS
Cell phones rarely work here; don't rely on them. Note location of pay telephones (pages 8 & 9).

MOUNTAIN LIONS
Cougars roam throughout the parks, but you are unlikely to see one. Attacks are rare, but be aware. Watch children closely; never let them run ahead. Cautiously move away if you find a partially buried animal carcass. If you see a cougar, convince it that you are not prey:

- Don't run; that may trigger pursuit.
- Pick up children.
- Try to appear as large as possible. Don't crouch or try to hide.
- Hold your ground or back away slowly while facing the cougar.
- If the cougar acts aggressively, wave your hands, shout, and throw stones or sticks at it.
- If attacked, fight back! Report any sightings.

DRINKING WATER
We test the 13 park water systems to ensure that they meet federal and state standards. Annual Consumer Confidence Reports are available.

ILLEGAL ACTIVITIES
Keep parks safe, natural, and free from illegal activities! Prevent illegal marijuana growing. Report any suspicious activities: 1-888-NPS-CRIME.

KEEP ANIMALS SAFE
Pets are vulnerable to wildlife, ticks, and overheating in vehicles. Keep wildlife safe from pets, too.

TREE HAZARDS
Branches may fall, whether or not they appear dead. When under trees, stay aware. Run if you hear cracks or snapping overhead. Don't linger under dead, cracked, or broken branches. Report falling branches or trees to a ranger.

Explore Safely

- **Avoid going alone, and tell someone your plans and return time.**
- **Take a map and a jacket.**
- **Watch and listen for potential hazards above, around, and on the ground.**
- **Beware of trails and sidewalks slippery with sand, water, ice, or leaves.**
- **Slow down. Share the road with people and wildlife.**