

Preparing Your Group

Feel free to share this resource with guardians and chaperones so they can ensure students are prepared for possibly encountering these things in our preserves.

This resource is intended to give information so everyone can keep themselves safe while they enjoy the program with us.



Poison Oak

In some areas of the preserve, you may encounter poison oak.

The oil found in poison oak, urushiol, produces an allergic reaction to the majority of people who encounter it. This results in an extremely uncomfortable rash with blistering and redness. You can avoid the rash by not touching the plant—it's leaves, berries and stems all contain the oils. You may even get a rash later if any of your personal items touch poison oak and you then also touch that personal item.

When we are out in the field we will point out poison oak because it can look different throughout the seasons. you can remember how it looks with the mantra "leaves of three, let it be."



Rattlesnakes

During the summer reptiles, like snakes, are most active. Rattlesnakes can be found in tall grass, holes, burrows, around rocks, and on trails basking. Most California species of snake are harmless, however there is one venomous species that we need to be aware of: the Northern Pacific rattlesnake.

Pay attention to your surroundings. If you encounter a snake on the trail, stay calm, give it space, and find a safe place to pass at a wide distance. In the unlikely event you are bit by a rattlesnake, call 911 immediately.

Preparing Your Group

Feel free to share this resource with guardians and chaperones so they can ensure students are prepared for possibly encountering these things in our preserves.

This resource is intended to give information so everyone can keep themselves safe while they enjoy the program with us.



Ticks

Ticks are found throughout California and pose a risk for tick-borne diseases like Lyme disease and Rocky Mountain Spotted Fever. Tick activity varies by species and region, but encounters are possible year-round, with activity peaking in the spring and early summer.

You can reduce the risk of tick-bites by doing the following:

- Wear protective clothing (tuck pant legs into socks; shirts into waistbands)
- Use insect repellent.
- Check for ticks during and after your time in nature. Often, you can find them before they bite you.
- If you find a tick that's bitten you—DON'T PANIC! You can remove the tick with a pair of tweezers or pliers. Gently pull and twist to remove all parts of the tick. Do not yank.
- If a tick is removed within 24 hours of biting you, the chances of contracting any tick-borne illnesses is reduced. Save the specimen and have it tested by your health care provider to be sure.