



## Safety First: Everyone Can Make A Difference!



**Lifeguard On Duty:** Photo courtesy of NPS/ Fire Island National Seashore

### **Safety Is Everyone's Responsibility!**

Safety is all about knowing what hazards exist around you. The ability to identify any risks gives you the power to control most dangerous circumstances. Safety is not just about big issues; there are many small things that can be just as harmful. Most incidences can be avoided by just taking the time and effort to be prepared.

**“Safety is all about people...  
Please have a safe day in the park!”**

### **At the Beach:**

The beach is a great place to spend the day or even a whole weekend. It is also one place where safety can be forgotten. Here are a few simple things to remember:

- \* Use Plenty of Sunscreen
- \* Drink Lots of Water
- \* Wear a Hat/ Bandanna
- \* Bring an Umbrella/ Some Form of Shade
- \* Wear Sunglasses/ Eye Protection
- \* Swim in Designated Lifeguarded Areas

### **Pets:**

Pets are also susceptible to the same dangers as humans. When bringing your pets to the beach, camping, or hiking take the same precautions. Pets are very important too!

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## Camping:

When camping there are plenty of hazards to recognize. Although, the great outdoors is beautiful, there are dangers for everyone, including pets. Some things to consider include:

### Mosquitoes

Mosquitoes are found everywhere. There is no way to completely avoid them; however, you can protect yourself:

- \* Use Bug Spray (usually containing deet)
- \* Bring a Bug/ Screen Tent
- \* Bring a First Aid Kit (of course!)
- \* Try to avoid areas with thick brush or standing pools of water. To prevent some mosquitoes, dump out standing water. Do not let rain or moisture pool in containers or such around your campsite. This will attract mosquitoes to your area.



### Fire

Much of Fire Island's vegetation is capable of sustaining wildfires. For this reason open fires are prohibited. Barbequing is allowed where grills have been provided in each campsite and in the park's picnic areas. Never leave a grill unattended and be sure coals are fully extinguished before leaving the area.

## Hiking:

Fire Island offers extensive hiking opportunities including short boardwalk strolls, walking on the beach and hiking through the wilderness area. Always let someone know where you are heading and when you plan to return. While hiking you may encounter the following:

### Poison Ivy

Poison Ivy is everywhere on Fire Island. It is a vine/ bush that has three waxy looking leaves. Vines, stems, and sometimes the leaves look red. The oils that get on your skin are what causes a rash. Take care to:

- \* Stay on Boardwalks
- \* Wash immediately if exposed
- \* Do not touch yourself or anything else until clean
- \* Oils stay on clothes, so wash immediately



### Ticks

Ticks are usually found in tall growing grass. The best way to avoid them is to stay on the boardwalks. This goes for pets too. Just in case:

- \* Bring Tweezers and a Magnifying Glass

### Wildlife

There is an abundance of wildlife on Fire Island; including White-tailed Deer. Please remember deer and other wildlife are not pets and their behavior is unpredictable. Concerning wildlife please:

- \* Never feed or touch
- \* Observe from a distance
- \* Carry In/ Carry Out all Trash



For more information go to:

Fire Island National Seashore: <http://www.nps.gov/fiis>

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