



# TRAIL CAUTIONS!

*Enjoy the trail but for your safety remain on the established walk areas.  
Be alert to your surroundings and the following cautions.  
If an emergency occurs call 911.*



**POISON OAK** – Poison oak exists along the trail so it is important to stay on the established trails. For some it is a minor irritation, for most, a major irritation and for a few, a medical emergency. The best advice is to learn to identify the plant by its leaves & avoid touching it. As the old saying goes “Leaves of three, leave it be”. If you come into contact with it make sure to wash the point of contact thoroughly with soap and water. In fall, poison oak leaves turn crimson red and drop off. In winter, the bare branches are difficult to identify, yet still retain their toxic oils. In spring and early summer leaves are green.



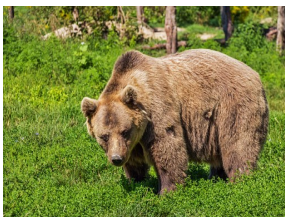
**TICKS** – Ticks are common in the Sierra Nevada Foothills. The best way to avoid ticks is to stay on the trails. After being outdoors, check yourself and pets completely. Ticks anesthetize the skin before biting so you will seldom feel the original bite. Early removal of a tick reduces the risk of infection. Lyme Disease, which can occur from a tick bite, usually is a ring-like rash that occurs to 3 to 30 days after a tick bite. One or more rashes may occur and not always at the bite area. However, a rash only appears 60 to 80% of the time. Other symptoms may include, flu-like fever chills, fatigue, headaches and a stiff neck. Early diagnosis of the disease is crucial, seek medical attention immediately.



**RATTLESNAKES** - Rattlesnakes are present and dangerous. Rattlesnakes will often sun themselves in open areas in the spring and will stay in dark cool areas as the temperatures rise in summer and fall. The best way to avoid rattlesnakes is to stay on the trail and avoid climbing over loose rocky areas. Always look where you place your hands and feet. If bitten stay calm and seek medical attention immediately. Do not let pets approach a rattlesnake.



**MOUNTAIN LIONS** – Mountain Lions are present and dangerous. If you do see a Mountain Lion, DO NOT RUN! Stand your ground, keep eye contact and make yourself look bigger. Then, slowly back away and if attacked, fight back. Please notify the Sonora Police Department at (209) 532-8143, if a lion is sighted along the Trail.



**BEARS** – Bears may be present. Bears are more active during early morning and late afternoon. If you do see a bear stop and slowly back away in retreat. If the bear sees you talk to the bear and slowly wave your arms up and down while backing away. DO NOT RUN! Never approach a bear or get between a bear and her cubs! Please notify the Sonora Police Department at (209) 532-8143, if a bear is sighted along the Trail.



**SCORPIONS & SPIDERS** – They may be found under rocks and in bushes as well as other places. As with snakes, always look where you place your hands and feet. Be sure to check the area before you sit down.



**BEES, YELLOW JACKETS & WASPS** – All may exist along the trail. Avoid swarms and nests, do not make loud noises. Bees, yellow jackets and wasps will defend their hives and nests if threatened. If attacked, get out of the area as quickly as possible. Seek medical attention as needed. Report the attack to the City of Sonora, Public Works Department, (209) 532-2922, during regular business hours, M-F 7:00 a.m. – 3:00 p.m.



**MOSQUITO** – Mosquitoes can be a major problem in the Dragoon Gulch area. You should use a repellent when walking on the Trail.

**OTHER WILDLIFE** – Deer, fox, skunks, etc..If encountered on the Trail, freeze where you are and leave a route for the animal to escape. DO NOT TOUCH WILDLIFE.

**PARKING** – Remember to lock your car & do not leave valuables in view.

**FOR YOUR SAFETY, ALWAYS WALK, JOG OR RIDE WITH A BUDDY!**