

Preserve Safety Guidelines

The SSU Preserves are wild places. Risks include, but are not limited to primitive trails, loose rocks, landslides, tick-borne diseases, poison oak, rattlesnakes, feral pigs, and mountain lions. Each visitor must take precautions to avoid injury and be prepared to respond to an emergency.

What to Bring with You

- A fully-charged cell phone and knowledge of areas that have good cell reception.
- Emergency contact phone numbers: **911** for situations in which life or property is threatened, **SSU Police Services 707-664-4444** for immediate assistance at the Osborn Preserve; **Center Staff 908-208-7834** for less urgent situations when you feel someone should be notified (cows on the Preserve, minor property damage, etc.).
- Preserve map
- First Aid Kit
- Water sufficient to meet the needs of all individuals in your group.
- A friend if you are going into remote areas, and let someone else know where you are going.

Mountain Lions

When there are recent lion sightings, we require that all visitors are accompanied by at least one other person. If you see a mountain lion, no matter how thrilling it may be, stay well back, and take the encounter seriously.

What you can do:

- Learn appropriate behaviors when mountain lions are sighted. See Mountain Lion Foundation: [Encounters Page](#) and [Mountain Lion Safety Sheet](#).
- Report sightings as soon as possible to the 24 hr dispatch center of Fish and Game (916-445-0045) and submit a written account to the [Center Director](#).



Mountain lion, *Puma concolor*

For more information:

[Mountain Lion Foundation](#)

Ticks

Ticks occur at all of our preserves. At the Fairfield Osborn Preserve, they have been documented to carry Lyme's disease and are seasonably very abundant. Lyme's and other tick-borne diseases if not treated can lead to debilitating illnesses. The best prevention is to avoid being bitten.

What you can do:

- During Your Visit - walk in the center of wide trails, cover exposed skin by wearing shoes, long pants, and long sleeves, and use insect repellent.
- After Your Visit - check yourself and others for ticks. A tick can take at least 36 hours to transmit bacteria. If removed quickly, threat of infection plummets. Be vigilant – a tick is often no bigger than the head of a pin.
- If You Get a Tick Bite - gently grasp near the tick at the mouth with tweezers and pull carefully without crushing. Apply antiseptic to the bite, contact your doctor, and monitor yourself for the signs and symptoms of Lyme's disease.
- Identify the Tick - Of the 48 tick species in California, only the Western Black Legged Tick (WBLT) transmits Lyme disease. To have the tick identified, place the tick in a zip-lock bag along with a moistened tissue, and contact Marin/Sonoma Mosquito and Vector Control District (595 Helman Lane, Cotati, CA 94931; 1.800.231.3236). If the tick is a WBLT, there are several laboratories that can test the tick for Lyme disease. Tick testing may help your physician evaluate if you were exposed to the Lyme disease agent.

For more information:

- [Lyme Disease Brochure](#) by Mosquito and Vector Control Association of California.
- [Tick Management Handbook](#): An integrated guide for homeowners, pest control operators, and public health officials for the prevention of tick-associated disease Revised Edition Prepared by: Kirby C. Stafford III, Ph.D. Vice-Director, Chief Entomologist Connecticut Agricultural Experiment Station, and New Haven.



Western black-legged tick, *Ixodes pacificus*

Feral Pigs

Feral pigs are common at the Galbreath Wildlands Preserve and commonly move in groups called sounders. Please take all encounters seriously.

Marc Kenyon, Statewide Coordinator for the Bear, Mountain Lion and Wild Pig Programs at the Department of Fish and Game, describes wild pigs as usually timid creatures that want to be left alone. However, they can be very aggressive if approached, especially if there are piglets nearby.



Wild Boar/Feral Pig cross

What you can do:

- If you see a wild pig, stand still and do not approach it. Pigs are nearsighted and will tend to ignore objects that stand completely still.
- Walk with the wind at your back. Pigs have a great sense of smell. If pigs can smell you, they will likely avoid you.
- If you are approached by a pig, back out of the area as quickly as possible. Make sure to stay away from its head. Pigs have sharp teeth that can cut through clothing.