SAFETY WHILE HIKING THIS SPRING:

1. Plan your hike and check the weather.
2. Don't rely on cell phones- consider a personal locator beacon if needed.
3. Bring enough food, water, bug spray, sunscreen, and good hiking shoes.
5. Let the slowest hiker set the pace, and yield to uphill hikers when descending.
6. Take breaks often and know your limits.
7. Enjoy the trail and being outside!

POISONOUS PLANTS-SYMPTOMS & FIRST AID:

**Symptoms include:** red rash, bumps, red streaks, weeping blisters (fluid in blisters is not contagious), swelling and itching.

**First Aid:** Rinse skin immediately, scrub under nails with a brush, take an antihistamine (like Benedryl) to calm itching. Get medical help in severe cases (rash on face or genitals), difficulty breathing, severe swelling.

VENOMOUS SNAKES BITES-SYMPTOMS & FIRST AID:

**Symptoms include:** Puncture marks at wound, redness, swelling, bleeding, severe pain & tenderness, labored breathing, rapid heartbeat.

**First Aid:** Remain calm, try to remember what the snake looked like, remove accessories prior to swelling, clean bite marks, seek medical attention as soon as possible- call 911 immediately.

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PHOTOS FROM PREVIOUS 2023 EVENTS:

NEXT UPCOMING EVENT:

ACTIVE SHOOTER TRAINING EVENT
SATURDAY, MAY 20TH FROM 1:00PM-5:00PM
LOCATED AT ROCK ATX

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