



As temperatures increase, so do the chances of coming across a rattlesnake.

The Timber Mesa Fire and Medical District offers the following safety tips to keep you safe while enjoying the outdoors.

- Never hike alone. Always have someone with you who can assist in an emergency.
- Never go barefoot or wear sandals when hiking or walking through grassy areas.
- Stay on well-used trails. Avoid tall grass, weeds and heavy underbrush where snakes may hide during the day. Do not step or put your hands where you cannot see.
- Do not handle a freshly killed snake, it can still inject venom.
- Teach children early to respect snakes and to leave them alone.
- Do not panic if bitten by a rattlesnake. Remain calm and slowly move away from the snake.
- Call 9-1-1 immediately or send someone for help.
- Keep the bite at or below heart level. Do not apply a cold pack, tourniquet or attempt to suck out the venom.

Rattlesnakes can visit our homes too!! Contact Timber Mesa Fire and Medical District if one pays you a visit.

