

PROTECT THE BEACH PROTECT YOURSELF

- **Please don't feed the shore birds.**
- **Don't litter or discard food on the beach.**
- **Clean up after your pets.**
- **Pets are not allowed on provincial park beaches and on most beaches in rural municipalities.**
- **Change diapered children frequently.**
- **Never bury waste in the sand.**
- **Wash your hands before handling food.**
- **Avoid swallowing lake water.**
- **Stay away from the water if you are experiencing digestive or intestinal problems.**