

Protect Yourself

WATER SAFETY

Do not swim when **Rip Current** warnings are posted or in large crashing waves, which can cause rip currents. These strong currents rushing out into Lake Michigan can carry even the strongest swimmer with them. If you get caught in a rip current, do not try to swim against it. Instead, swim parallel to the shoreline until you are out of the current.

Lake Michigan is generally clean and safe for swimming, but it can become contaminated with harmful bacteria. Do not enter the water when a health hazard warning is issued or posted. If you do, you risk intestinal illness, skin rash, or eye, ear, or respiratory infections.



NPS Collection

A young visitor learns about deadly rip currents by reading one of the park's many safety signs that are located near the beaches.

INSECT BITES AND STINGS

Avoid diseases carried by biting pests by checking yourself for **ticks** after being outdoors. Use insect repellent and wear light colored, long-sleeved shirts, and tucked-in pants to help prevent both tick and mosquito bites. To help prevent **mosquito** bites, limit outside activities at dusk and dawn when mosquitoes are most prevalent.

Beware of **yellow jackets** and other **stinging insects**. Avoid loose-fitting clothing and bright, flowered prints. Do not wear sandals; avoid wearing perfume, lotion, and hairspray. Never swat at a flying insect. Look for insects before you drink from open beverage cans. When eating outdoors, keep food covered. Insect repellents **DO NOT** work against stinging insects. Seek immediate medical attention if you are stung and have symptoms of a systemic allergic reaction. Systemic reactions include hives, swelling of the eyes, lips, tongue, throat or sting area, intense general itching, difficulty breathing, irregular heartbeat, nausea, and loss of consciousness.

HEAT ILLNESSES

Symptoms of **heat exhaustion** are exhaustion, nausea, dizziness, a rapid pulse, and pale and clammy skin. If the body is not cooled, a potentially fatal **heat stroke** may occur. This is a medical emergency and must be treated immediately. The onset of a heat stroke is marked by the absence of sweat and skin that is flushed and hot. To prevent these illnesses, take it easy on hot days, seek shade, drink lots of water, and dress lightly in layers.

Visitor Center Dedication

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Superintendent Engquist is especially pleased with the new opportunities that the increased visitor center space will offer. He says, "With what is probably the smallest exhibit area of over 380 National Park Service sites in the original visitor center, I can't wait to tell Indiana Dunes' amazing story of diversity in the spacious 1,400-square-foot exhibit space in the new visitor center." Additionally, the Indiana Dunes State Park's themes and orientation will be woven into the main exhibit hall and lobby exhibits.

The Save the Dunes Council is leading a "best management practices" project that will minimize the impact of the Visitor Center's construction on water quality. Construction of the Visitor Center, which is located within the Dunes Creek watershed, could have potentially impacted water quality in Dunes Creek and, ultimately, Lake Michigan. A rain garden, two-stage ditch, and two vegetated swales on the grounds surrounding the Visitor Center are being employed to increase infiltration and to absorb pollutants from rainwater runoff before the pollutants can reach Dunes Creek and Lake Michigan.

Don't miss this new Visitor Center at Indiana Highway 49 and U.S. Highway 20! And be sure to return for more visits and to see future state-of-the-art educational exhibits.



NPS Collection

Stay off the lake ice! It is full of hidden thin spots and gaps that people can fall through, leading to death.

WINTER SAFETY

Do not sled. Due to hidden dangers, often partially covered by shifting sands, sledding, inner-tubing, tobogganing, and snowboarding are prohibited in the park.

Stay off the ice. When frozen, Lake Michigan looks much like the Arctic. Unlike the arctic landscape that it mimics, this ice is full of hidden thin spots and gaps (often further hidden by a layer of snow). Venturing out onto the ice is a sure way to risk death.

Stay warm. Dress in layers of loose-fitting clothes (including headwear) and keep your feet and hands dry. Minimize exposed skin. Keep an eye on the wind chill to help prevent frostbite. Gently re-warm any waxy-looking skin, and seek medical attention.

Dressing properly can also prevent hypothermia. Early signs of this potentially fatal cooling of the body include intense shivering, loss of coordination, and confusion. If you see symptoms, seek warmth and immediate medical care. Prime temperatures for hypothermia are actually above freezing between 30 – 50°F. Don't hike alone.

Enjoy Your Park

PARK HOURS

Unless posted otherwise, all public parking areas are open from sunrise to sunset.

VISITOR FACILITIES

Dorothy Buell Memorial Visitor Center

Open daily. Closed Thanksgiving, Christmas, and New Years Day.

Dunewood Campground

Open April 1 through October 31. \$15/day

Paul H. Douglas Center for Environmental Education

Open for scheduled education groups and special public events. Call 219-926-7561, x243 for more information.

Indiana Dunes Environmental Learning Center

Open for scheduled education groups. Call 219-395-9555 for more information.

REGULATIONS

Pets are allowed on most trails, but they must be on a leash at all times. Pets are prohibited on the Ly-Co-Ki-We (horse/ski) trail. During the swim season, pets are

prohibited on most beaches. Only Mount Baldy and Central Ave. beaches are open all year to pets.

All **fishing** requires a valid state license and must be in accordance with state regulations. Contact the park or Indiana's Department of Natural Resources for more information. Smelt fishing also requires a Smelt Season Fire Permit. For information on obtaining a Smelt permit call the Ranger Station at 219-926-7561, x311.

Horseback riding is permitted only on the Ly-Co-Ki-We Trail between March 16 and December 14.

Bicycles are permitted on Calumet Bike Trail, the West Beach Trail between Ogden Dunes and West Beach, and the Marquette Trail between West Beach and Grand Blvd. Bicycles are prohibited on all other park trails.

Cross-country skiing is permitted on designated trails.

All **watercraft** are prohibited from all designated swimming beaches. Designated swimming beaches are identified by buoys from May 1 through September 30. Motorized watercraft are prohibited in Long Lake.

Alcoholic beverages are prohibited at the Dunewood Campground, West Beach, Porter Beach, and in all park buildings.

Glass containers are prohibited on all beaches.

DOROTHY BUELL MEMORIAL VISITOR CENTER

Dedication Ceremony

November 29, 3 p.m. — 8 p.m.

Following the ribbon-cutting ceremony at 3 p.m., tour the facility, meet park partners, and view partner displays in the Exhibition Hall.

40 Years of Dunes Stewardship

December 1, 7 p.m. — 8 p.m.

Enjoy a presentation highlighting the 40 years of Indiana Dunes National Lakeshore.

Open House at the Visitor Center

December 2, 1 p.m. — 4 p.m.

Tour the center, and view the displays of partner organizations.

1420 Munson Rd • Porter, IN 46304 • 219-926-7561
Off I-94, at Highways 49 and 20