



新移民的大自然（Nature for Newcomers）计划通过在线材料和纸质资源以多种语言，为新加拿大人、新移民、英语作为第二语言的居民以及访客提供有关野生生物安全的信息。

什么是防熊喷雾？

这是一种用胡椒粉制成的非致命性喷雾剂，可用于阻止熊对你进行攻击。它会造成暂时性失明，并使动物失去行动能力。你必须将它喷在动物的脸上，不要喷在自己或自己的物品上。它与防虫喷雾不同。仔细阅读并遵守防熊喷雾上的说明！

- 防熊喷雾已被证明可以有效地阻止黑熊和灰熊的袭击。如遇到了美洲狮、狼、郊狼和加拿大马鹿等其他动物，它也可用于将其驱离。它不会防止你与熊相遇，但可以阻止它发动攻击，避免你受伤或死亡。
- 首先要采取预防措施以避免与熊相遇，如结伴出游、制造噪音、将宠物拴紧并注意周围的环境。不要戴耳塞或使用耳机。
- 全年任何时间前往户外进行探险时，都请携带防熊喷雾。请将它贴身携带，并放在易于拿取的地方，不要把它放在背包里！
- 检查保质期，一旦过期请购买新罐。我们不建议你使用过期的防熊喷雾。
- 你还可以观看我们“如何正确使用防熊喷雾”视频：
www.wildsmart.ca/bearspray

在哪里可以买到防熊喷雾？

你可以在大多数本地的体育用品店购买防熊喷雾，有些商店甚至还会出租防熊喷雾。

Nature for Newcomers is a program to provide New Canadians, Newcomers and English as a second language residents and visitors with information on wildlife safety in their language through online materials and printable resources.

What is Bear Spray?

It is a non-lethal aerosol spray made with peppers that can be used to deter a bear from attacking you. It causes temporary blindness and can incapacitate the animal. You must spray it at the animal's face, not on yourself or your belongings. It is not the same as insect repellent. Read and follow instructions that come with your bear spray!

- *Bear spray has been proven to be effective at deterring attacks by black and grizzly bears. It could also be a useful deterrent for encounters with other animals such as cougars, wolves, coyotes and elk. It will not prevent encounters but can prevent an attack or save you from injury or death.*
- *Take precautions to avoid encounters in the first place by travelling in groups, making noise, keeping pets on a leash and being aware of your surroundings. Do not wear ear buds or headphones.*
- *Carry your bear spray every time you adventure into the outdoors and throughout the year. It should be carried in an easily accessible location on your person, not in your backpack!*
- *Check the expiry date and purchase a new can once expired. It is not advisable to use expired bear spray.*
- *Watch our video "How to properly use bear spray" at: www.wildsmart.ca/bearspray*

Where can I get Bear Spray?

You can purchase bear spray at most local sports stores, and some stores even rent out bear spray.



与熊为邻，保持警惕

熊出没区域的许多居民和访客都从未见过熊。但重要的是要知道如何避免与熊相遇，以及如果遇见了熊该怎么办。

Living Smart near Bears

Many people who live in and visit bear country never see a bear. It is however important to know how to avoid encounters with bears and what to do if you have one.

避免与熊相遇

- 不要接近熊或给熊投食，这可能会诱发熊作出危险的反应，从而导致人类受伤及/或熊遭遇不幸。
- 为了避免突然的相遇，制造大量的噪音。
- 注意熊近期曾在附近活动的证据，例如足迹、排泄物、洞穴或翻倒的岩石和木头。
- 结伴出行。
- 把宠物拴好。
- 携带防熊喷雾并时刻准备好使用它。
- 如果你看到熊，或者看见或闻到动物的尸体，请离开该区域。
- 遵守所有的路径封闭提示和信息标牌。它们是为了你的安全。
- 清除你住所周围潜在的吸引源，例如垃圾、宠物食品、喂鸟器、浆果灌木和果树。

Avoid Bear Encounters

- *Do not approach or feed bears, this could elicit an unsafe response that could lead to human injury and/or the destruction of the bear.*
- *To avoid surprise encounters, make lots of noise.*
- *Watch for fresh evidence of bear activity e.g. tracks, scat, diggings, or overturned rocks and logs.*
- *Travel in groups.*
- *Keep your pets on a leash.*
- *Carry bear spray and be prepared to use it.*
- *If you see a bear or see or smell a dead animal, leave the area.*
- *Respect all trail closures and information signs. They are there for your safety.*
- *Remove potential attractants from your property such as garbage, pet food, bird feeders, berry bushes and fruit trees.*

应对相遇

大多数与熊的相遇，都不会造成受伤。如果熊没注意到你的存在——请按来时的路线离开该区域。

如果熊注意到了你且没有离开，也并未展现出威胁性——冷静地说话，不要喊叫。与你同行的伙伴待在一起，保持冷静并慢慢地后退——千万不要跑。

如果你已试着撤退，但熊还是向你靠近，它的这种行为可被理解为好奇、不在乎或者猎食。

如果熊继续向你靠近——让自己看起来更大，双脚站稳，坚定地

Handling an ENCOUNTER

Most encounters with bears end without injury. If the bear is unaware of your presence – leave the area in the direction you came.

If the bear is aware of your presence and does not leave, be non-threatening – speak calmly, do not yell. Stay with your group, stay calm and back away slowly – DO NOT RUN.

If the bear closes distance on you – even after you have tried to retreat, such behaviour could be considered curious, indifferent or predatory.

If the bear continues closing distance – make yourself look large, stand your ground and talk firmly to the bear.



应对攻击

熊袭击人类是非常罕见的。遵循下述的指导可能会提高你的存活几率。总体来说，有两种类型的攻击：

1. 防御性攻击

熊正在保护自己的食物（如动物尸体、浆果树丛）、正在保护它的幼崽及/或对你的出现感到惊讶（它没有听到你的靠近）。它之所以会进行攻击，是因为你被它认为是一个威胁。记住，熊经常虚张声势——即它逐渐靠近，但在发生接触前就会停止。

不要展现出威胁性——不要跑也不要叫。保持冷静并缓慢地后退。

如果熊进入了适用范围，请按照说明使用防熊喷雾。

如果熊接触到了你，**装死!**

面朝下躺到地上，双手交叉在脖子后面，然后张开双腿，以使熊难以将你翻转。装死可能会让熊对你失去兴趣并离开。防御性攻击的持续时间通常少于两分钟。如果攻击仍在继续，则可能意味着攻击已从防御性转变为非防御性（即猎食）——在这种情况下你应进行反击！

2. 非防御性攻击

熊注意到了你的存在，有时间离开但是仍选择继续向你靠近——即使你已经试着撤退。它的这种行为可被理解为好奇、不在乎或者猎食。

威吓熊——让自己看起来更大，并大声喊叫。千万不要跑。

如果熊进入了适用范围，请按照说明使用防熊喷雾。

如果熊接触到了你，**反击!** 不要装死。

用手边的任何东西（如棍子、石块、登山杖）攻击它的眼睛和鼻子，并尽一切可能让熊明白你不好对付。

Handling an ATTACK

Bear attacks on humans are very rare. You may increase your chance of survival by following these guidelines. In general, there are two kinds of attacks:

1. Defensive Attack

The bear is protecting its food (e.g. a carcass, berry patch), protecting its young and/or is surprised by your presence (it didn't hear you coming). It attacks because you are perceived as a threat. Remember bears will often bluff charge – when the animal closes distance but stops short of making contact.

Be non-threatening – Do NOT run or yell. Stay calm and back away slowly.

If the bear comes within range, use your bear spray as per instructions.

*If the bear makes contact with you, **PLAY DEAD!***

Drop to the ground face down, interlace your fingers over the back of your neck and spread your legs to make it more difficult for the bear to turn you over. By playing dead the bear will likely lose interest in you and leave. Defensive attacks are generally less than two minutes in duration. If the attack continues, it may mean the attack has shifted from defensive to non-defensive (i.e. predatory) – in this case fight back!

2. Non-defensive Attack

The bear is aware of your presence and has time to leave but continues closing distance on you – even after you have tried to retreat. This behaviour could be considered curious, indifferent or predatory.

Intimidate the bear – Make yourself look large and yell. Do NOT run.

If the bear comes within range, use your bear spray as per instructions.

*If the bear makes contact with you, **FIGHT BACK!** Do NOT play dead.*

Attack the eyes and nose with whatever you have at hand (e.g. stick, rock, hiking pole) and do whatever it takes to let the bear know you are not easy prey.



与美洲狮、狼、郊狼为邻，保持警惕

虽然很少被见到，但是 Bow Valley 地区生活着美洲狮、狼和郊狼。报告美洲狮和狼目击事件，请拨打 403.591.7755

Living Smart near Cougars, Wolves and Coyotes

Though rarely seen, cougars, wolves and coyotes live in the Bow Valley. Report cougar and wolf sightings to 403.591.7755

避免与美洲狮、狼或郊狼相遇

- 这些动物一般都会躲避人类。
- 制造噪音让动物注意到你的存在。
- 结伴出行，保证每个人，包括孩子和宠物，都一起行动。
- 由于儿童体型小、行动活泼，可能会吸引美洲狮的注意。照看好你的孩子，尤其是在美洲狮最为活跃的清晨和黄昏。
- 把宠物拴好。
- 如果你看见或闻到动物的尸体，请离开该区域。美洲狮通常会用残枝枯叶遮掩其猎物，但它仍在附近。

应对相遇

- 立即抱起儿童和宠物。
- 不要背对动物。
- 与动物保持眼神接触。
- 给动物留出逃跑的空间。
- **不要跑**； 逃跑可能会触发攻击，因为动物可能会出于本能地追赶你。
- 让自己看起来越大越好。
- 慢慢地后退。

应对攻击

- 显示出攻击性，跺脚并大喊，或者拿起东西砸向动物。
- 如果动物进入了适用范围，请按照说明使用防熊喷雾。
- 如果动物接触到了你，立即反击，用手边的任何东西（如棍子、石块、登山杖）攻击它的眼睛和鼻子让动物明白你不好对付。

Avoid Cougar, Wolf and Coyote Encounters

- These animals generally avoid people.
- Make noise to alert animals of your presence.
- Travel in groups and keep everyone together including children and pets.
- Cougars can be drawn to children, due to their small size and erratic movement patterns. Keep watch over your children, especially during dusk and dawn, when cougars are most active.
- Keep your pets on a leash.
- Leave the area if you see or smell a dead animal. Cougars usually cover their kills with forest debris but remain close by.

Handling an ENCOUNTER

- Immediately pick up children and pets.
- Do not turn your back on the animal.
- Maintain eye contact with the animal.
- Always leave room for the animal to escape.
- **NEVER RUN**; Doing so may trigger an attack, as the animal may instinctively chase you.
- Make yourself appear as large as possible.
- Back away slowly.

Handling an ATTACK

- Act aggressively and stomp your feet, yell or throw something at the animal.
- If the animal comes within range, use your bear spray as per instructions.
- If the animal makes contact, fight back and attack the eyes and nose with whatever you have at hand (e.g. stick, rock, hiking pole). Let the animal know you are not easy prey.



与加拿大马鹿为邻，保持警惕

Living Smart near Elk

避免与加拿大马鹿相遇

经常可以在 Bow Valley 见到加拿大马鹿。切勿接近加拿大马鹿，因为它们是需要空间的野生动物，而且它们的反应可能无法预测。

- 加拿大马鹿可以变得很危险。
- 如果动物对你的出现做出了反应 —— 你离得太近。
- 给加拿大马鹿足够的空间。保持至少 **30 米**（即 3 辆校车的长度）的距离。
- 不要接近加拿大马鹿或它们的孩子。
- 制造噪音。加拿大马鹿受惊后可能会突然闯入公路或围栏，从而威胁到自己或人类的安全。
- 把宠物拴好。
- 雌性加拿大马鹿在产仔季节（5 月至 6 月）可能会极具攻击性。
- 雄性加拿大马鹿在繁殖季节（9 月至 10 月）可能会极具攻击性。

应对攻击

- 如果有一头加拿大马鹿向你冲来，请躲在坚固结构（如树或汽车）的后方。
- 如果你携带了防熊喷雾，可以考虑使用它。

Avoid Elk Encounters

Elk are commonly seen in the Bow Valley. Never approach elk as they are wild animals that need their space and they can react unpredictably.

- *Elk can be dangerous.*
- *If the animal is responding to your presence – you are too close.*
- *Give elk plenty of room. Keep at a distance of at least 30 metres (or 3 school bus lengths).*
- *Do not approach elk or their calves.*
- *Make noise. Elk can endanger themselves or humans by suddenly running into traffic or fences if surprised.*
- *Keep your pets on a leash.*
- *Female elk can be especially aggressive during the calving season (May – June).*
- *Male elk can be especially aggressive during the breeding season (September – October).*

Handling an ATTACK

- *If you are charged by an elk, position yourself behind a solid structure such as a tree or car.*
- *If you have bear spray, consider using it.*

报告加拿大马鹿攻击事件，请拨打 403.591.7755

如遇公共安全紧急情况，请拨打 9-1-1

Report aggressive elk encounters to 403.591.7755

For all public safety emergencies, call 9-1-1

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