

GIVE SEALS SPACE and...



**PLEASE
DO NOT
DISTURB**

DID YOU KNOW?

We are lucky in the UK to see both **grey seals** and **common seals**!



Common seal



Grey seal



sleeping seal

WHAT IS DISTURBANCE?

Disturbance is a change in an animal's natural behaviour caused by people

DISTURBANCE IS BAD FOR A SEAL AS IT:

- Interrupts their rest
- Causes stress
- Wastes energy
- Can result in injury or death

#UseYourZoom

Seals need to rest on land to digest, socialise and feed their pups, so please leave them there



Put Seals First

#RespectTheNap

Stay out of sight:
Seals in the sea close to shore may want to haul out



If a seal makes a big splash 'crash dive' it shows they are distressed

DO KEEP: 👍

- ✓ WELL AWAY: use your camera or binoculars
- ✓ QUIET: so seals can't hear us
- ✓ DOWNWIND: so seals can't smell us
- ✓ OUT OF SIGHT: so seals can't see us
- ✓ DOGS: under control on leads
- ✓ LITTER: take it home

Signs of Seal Disturbance

We have disturbed a seal if it is looking at us



Back off to avoid it moving away



Seals injure themselves if we scare them into the sea



NEVER: 👎

- ✗ Get close to seals
- ✗ Fly drones near seals
- ✗ Feed wild seals
- ✗ Scare seals or put pups into the sea
- ✗ Copy the bad behaviour of others
- ✗ Take a seal selfie

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www.sealalliance.org



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