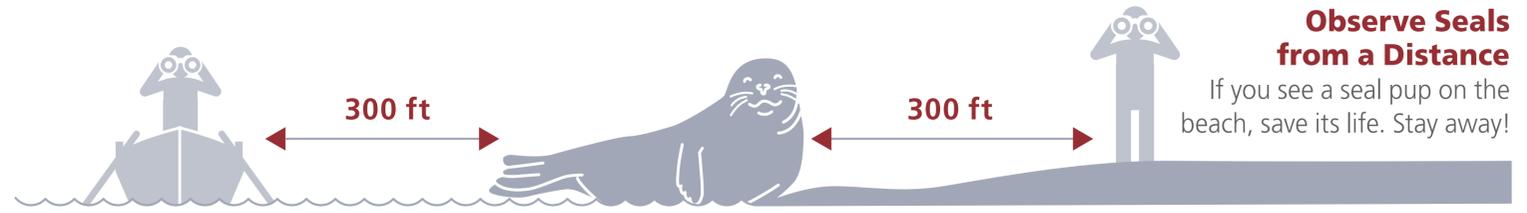


# A Haven for Harbor Seals



**Observe Seals from a Distance**

If you see a seal pup on the beach, save its life. Stay away!



**OBSERVE SEALS FROM A DISTANCE**

Use binoculars, or cameras with zoom lenses.

Harbor seals live year-round in Puget Sound. They are safeguarded by the federal Marine Mammal Protection Act.

At Woodard Bay, hundreds of seals have used the log dump's log booms since the 1930s.



**IF YOU SEE A PUP ON THE BEACH, SAVE ITS LIFE... STAY AWAY!**



## FOOD AND LIFE IN THE WATER

Harbor seals swim throughout southern Puget Sound, feasting on fish, shrimp, squid and other marine life. They may travel up to 15 miles each day for their food, hunting in the shallows or diving deeply. They eat smaller prey underwater, right where they catch it. They bring larger fish, such as salmon, to the surface to eat.

### HARBOR SEAL DIET

-  PACIFIC TOMCOD
-  PLAINFIN MIDSHIPMAN
-  PACIFIC HERRING
-  PACIFIC WHITING
-  MARKET SQUID
-  ENGLISH SOLE
-  SHINER SURF PERCH
-  SLENDER SOLE
-  SALMON



## SEAL HAULOUTS

Seals "haul out" of the water for several hours each day to sleep, warm up and socialize. Haulout sites include beaches, rocks, log booms, floats and buoys in areas protected from large waves and land-based predators. Seals return regularly to the same haulout sites, but will rest on any beach or floating object where they can easily slip back into the water.

## THESE LOG BOOMS OFFER ONE OF THE MOST IMPORTANT HARBOR SEAL HAULOUTS IN SOUTHERN PUGET SOUND.

Seals share haulout pilings with nesting purple martins. Nest boxes help this rare bird reestablish in the area.

## ◀ PUPPING

Female harbor seals give birth to one pup each year. At Woodard Bay, this happens between mid-June and mid-August. Most of the pups are born on the haulouts, but a female may give birth anywhere there is easy access to the water—including the beach. They nurse their pups for 4 to 6 weeks. Then the pups begin to hunt and forage on their own.

Weaned pups need more rest than adult seals, so it's common to see them alone on the beach sleeping and warming up.

