





Help stop seals getting injured like this by following these steps

FLYING RINGS Please don't bring flying rings to the beach



DOGS Please keep dogs on leads in areas with seals





HUMAN INTERVENTION Please avoid getting too close to the seals

Keep your distance



All images have been taken by professional photographers using telephoto lenses from a safe distance.











If you see an injured seal, please contact:

Friends of Horsey Seals 07706 314514

RSPCA 0300 1234 999

British Divers Marine Life Rescue 01825 765546