



## Insect & Jelly Fish Stings

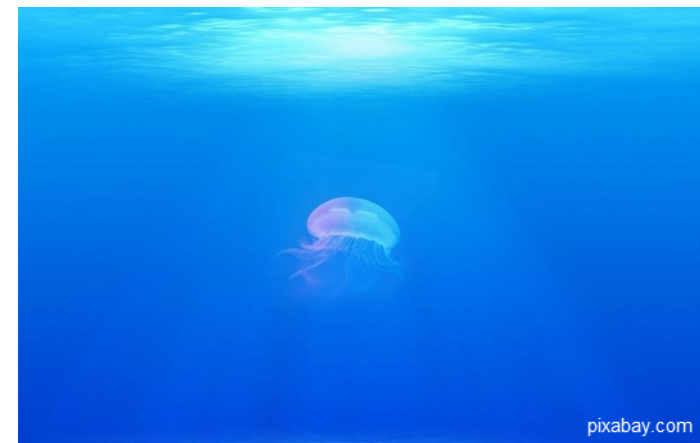
may be life threatening if someone has a severe allergic reaction.

### SYMPTOMS

- **Mild reaction:** marks on skin, redness, swelling and burning sensation, pain, itching, numbness, throbbing pain that might radiate up from a leg or arm to the torso.
- **Severe reaction:** itching, hives or swelling in large area of body, facial swelling, difficulty breathing, abdominal pain, nausea, vomiting, headache, confusion, muscle spasms, fever, irregular heart beat, low blood pressure, shock, fainting.

### Jelly fish stings: care for mild reactions

- Wash with seawater to remove tentacles-avoid fresh water, it might activate the venomous stingers.
- Soak the area in vinegar (1/2 vinegar 1/2 water) for at least 30 seconds or baking soda paste (ratio of 3 teaspoons baking soda to 1 teaspoon seawater).
- Recent studies have shown that rinsing the affected area with tolerable hot fresh water for 20 minutes after applying vinegar or soda paste will contribute in pain relief.
- Take an antihistamine pill (Zyrtec, Xozal, Benadryl) to help relieve itching and swelling. Corticosteroid cream, lidocaine ointment or calamine lotion may relieve pain and itchy rash. Use oral over-the-counter painkillers if needed (paracetamol, ibuprofen).
- Seek immediate medical care if jellyfish sting occurs on or near an eye.





### Insect stings: care for mild reactions

- Remove stinger by brushing, plucking or scraping it off the skin with a credit card.
- Wash with soap and water.
- Apply a cold pack to reduce swelling and pain.
- Apply hydrocortisone cream (0.5 percent or 1 percent), or baking soda paste (ratio of 3 teaspoons baking soda to 1 teaspoon water) to the bite several times a day until symptoms subside.
- Take an over-the-counter antihistamine pill (Zyrtec, Xozal, Benadryl) and a pain reliever (paracetamol or ibuprofen) if needed.

### Care for severe reactions

If you notice any of the symptoms mentioned as 'severe reaction':

- Call 166 or drive the person to the nearest hospital or clinic.
- Check for special medications that the person may be carrying such as an auto-injector of epinephrine (EpiPen). Administer the drug as directed—usually by pressing the auto-injector against the person's thigh and holding it in place for several seconds. Massage the area for 10 seconds to enhance absorption.
- Have the person take an antihistamine pill if he or she is able to do so without choking, after administering epinephrine.
- Have the person lie still on his or her back with the feet higher than the head.



phil.cdc.gov

- Loosen any tight clothing. Don't give anything to drink.
- If the person is vomiting, turn the person on his or her side to prevent choking.
- Begin CPR if there are no signs of life: breathing, coughing or movement.

### IMPORTANT TELEPHONE NUMBERS

Ambulance: 166

Poison first aid: 210 779-3777

Pharmacies on duty: 14944

Emergency Hospitals: 14944

European Emergency Number: 112