



# First aid fact sheet

## Bites and stings quick guide

<p>For any snake bite (including sea snakes), funnel-web spider and mouse spider bites, blue-ringed octopus bite, cone shell sting</p> <p>See the snake bite fact sheet.</p>	<p><b>Pressure bandaging and immobilisation</b></p> <ol style="list-style-type: none"><li>1 If the bite or sting is on a limb, apply a broad pressure bandage (crepe preferred) over the bite site.</li><li>2 Apply a firm heavy crepe or elasticised roller bandage (10–15 centimetres wide) starting just above the fingers or toes, and moving upwards on the bitten limb as far as can be reached.</li><li>3 Apply the bandage as tightly as possible to the limb.</li><li>4 Immobilise the bandaged limb using splints.</li><li>5 Seek medical aid.</li></ol>
<p>For Box jellyfish; Irukandji, Morbakka and Jimble jellyfish, or other tropical jellyfish sting</p>	<p><b>Vinegar</b></p> <ol style="list-style-type: none"><li>1 Immediately flood the entire stung area with lots of vinegar for at least 30 seconds. DO NOT use fresh water. If pain relief is required, apply a cold pack only after vinegar has been applied.</li><li>2 Urgently seek medical aid at a hospital if symptoms are severe.</li></ol>
<p>For Bluebottle and other nontropical jellyfish stings; stinging fish (eg stonefish, lionfish, bullrout); stingray, crown-of-thorns starfish, sea urchin</p> <p>DO NOT use on suspected Box jellyfish or Irukandji stings.</p>	<p><b>Hot water</b></p> <ol style="list-style-type: none"><li>1 Check the water to ensure it is as hot as you can comfortably tolerate before treating the patient.</li><li>2 Place the stung area in hot water for 20 minutes—help patient under a hot shower, place a stung hand or foot in hot water, or pour hot water over the stung area. Do not burn the patient.</li><li>3 Remove briefly before reimmersing.</li><li>4 Continue this cycle if pain persists.</li><li>5 Urgently seek medical aid at a hospital if symptoms are severe.</li></ol>
<p>For red-back spider or other spider bite; bee, wasp or ant sting; tick bite; scorpion or centipede sting; jellyfish sting</p>	<p><b>Cold pack</b></p> <ol style="list-style-type: none"><li>1 Apply a cold pack to the bitten or stung area for 15 minutes and reapply if pain continues.</li><li>2 The cold pack should be changed when necessary to maintain the same level of coldness.</li><li>3 See medical aid if the pain worsens.</li></ol>

**In a medical emergency call Triple Zero (000)**

**DRSABCD** Danger ► Response ► Send for help ► Airway ► Breathing ► CPR ► Defibrillation

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