



## First aid for the treatment of jellyfish stings

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- Ensure you don't get stung yourself when aiding others
- Remove any attached tentacles with a gloved hand, stick, or towel (none of these available use the tips of your fingers)
- Do not rub the affected area (this may result in further venom release)
- Rinse the affected area with sea-water (do not use fresh water, vinegar, alcohol or urine)
- Apply a 'dry cold pack' to the area (i.e. place a cold pack or ice inside a plastic bag and then wrap this package in a t-shirt or other piece of cloth)
- Seek medical attention if there is anything other than minor discomfort
- If the patient is suffering from swelling, breathing difficulties, palpitation or chest tightness then transfer to the nearest emergency department urgently
- These guidelines were drawn up by the **Jellyfish Action Group** of Ireland and Wales (which includes experts from Beaumont Poison Centre, Pre-hospital Emergency Care experts, hospital A&E consultants, local GPs, and water safety officers) and are only to be applied in Irish and Welsh waters. If travelling abroad seek advice for that specific country. For more information on jellyfish visit [www.jellyfish.ie](http://www.jellyfish.ie)