

# First Aid: Bites & Stings



## Tips for Preventing Bites & Stings

- Many insect bites and stings can be treated at home. If your child has a severe allergic reaction to an insect bite or sting, follow the first aid steps below and seek medical attention.
- Cover your child's stroller with netting when outdoors.
- Avoid stagnant water.
- Keep picnic food covered up and ensure that rubbish is stored or disposed of securely (to avoid attracting insects).
- Use an insect repellent.
- Ensure children are wearing protective clothing whilst playing outdoors (e.g. no bare feet on grass, closed shoes, long sleeves and pants).
- Install fly screens on windows and doors at home.
- Avoid perfumes and scented products.
- Check for warning signs about jellyfish before going swimming.



## Bites & Stings First Aid

### Snake bites, funnel-web spider bites: **COMPRESSION & IMMOBILISE**

#### What should I look out for?

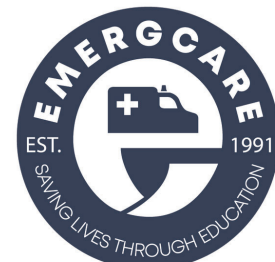
Pain, swelling, itchiness, nausea or vomiting, abdominal pain, sweating. Often only a single mark or scratch mark may be present after a snake bite.

#### First Aid:

- Call Triple Zero (000)
- Ask your child to stay as still as possible whilst waiting for an ambulance.
- If available, apply a firm broad bandage around the entire affected limb and immobilise it. Start wrapping the bandage near the fingers or toes and move upwards on the affected limb as far as possible.
- Immobilise the bandaged limb with a splint, if available.
- Stay with your child, monitor, and reassure them until medical help arrives.
- If they become unresponsive and not breathing normally, follow DRSABCD.

## More Information:

- Royal Children's Hospital (Kids Health Information Fact Sheets): [www.rch.org.au](http://www.rch.org.au)
- Kidsafe Victoria: [www.kidsafevic.com.au](http://www.kidsafevic.com.au)
- Learn these skills by booking into a first aid course: [www.emergcare.com.au](http://www.emergcare.com.au)



This information is not a substitute for first aid training or medical advice. Whilst all care has been taken in preparing this information, Emergcare takes no responsibility for its use by other parties or individuals, and recommends attending a first aid course.

# First Aid: Bites & Stings



---

## Bees, wasps, centipedes, scorpions, redback & white-tailed spiders, ant bites: ICE OR COLD PACK

### What should I look out for?

Immediate & intense local pain, local redness and swelling, itchiness. Severe allergic reaction (anaphylaxis) can occur.

### First Aid:

- If the child is unresponsive and not breathing normally, follow DRSABCD.
- For bee stings, remove the stinger (e.g. scrape it out with your fingernail or blunt object) as quickly as possible.
- For all bites and stings, apply a cold compress to help reduce pain and swelling.
- Monitor the child for signs of a severe allergic reaction (e.g. breathing difficulties, difficulty speaking, collapse, abdominal symptoms, or a generalised rash)
- Call Triple Zero (000) for an ambulance if multiple stings to the face or tongue have occurred or there is a history of anaphylaxis to the sting.

---

## Stonefish, stingrays: HOT FLUIDS

### What should I look out for?

Intense pain leading to irrational behaviour, swelling, blue/grey discolouration, open wound, bleeding.

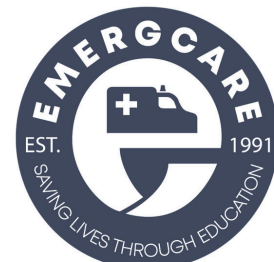
### First Aid:

- Call Triple Zero (000) and follow instructions.
- Does the sting affect the chest or abdomen? Assess for signs of bleeding and treat accordingly.
- If there is an embedded object from the sting, do not remove it.
- Does the sting affect a limb? Place the stung hand or foot in hot water (no hotter than the rescuer can comfortably tolerate).
- Seek urgent medical care if symptoms are severe.
- If the child becomes unresponsive and not breathing normally, follow DRSABCD.

---

## More Information:

- Royal Children's Hospital (Kids Health Information Fact Sheets): [www.rch.org.au](http://www.rch.org.au)
- Kidsafe Victoria: [www.kidsafevic.com.au](http://www.kidsafevic.com.au)
- Learn these skills by booking into a first aid course: [www.emergcare.com.au](http://www.emergcare.com.au)



# First Aid: Bites & Stings



---

## Box jellyfish, Irukandji jellyfish stings: VINEGAR / HOT WATER

### What should I look out for?

Tentacles on the skin, skin markings (inconspicuous marks which may develop a red flare, goose bumps or orange-peel appearance, profuse sweating only at sting area, irregular shape, blistering), pain, muscle aches, muscle cramps.

Signs and symptoms of a severe sting include difficulty or stopping breathing, severe pain, restlessness or irrational behaviour, nausea & vomiting, headache, collapse, profuse sweating.

There are many different jellyfish species around Australia, and it is unlikely that you will be able to identify which one caused the sting.

### First Aid:

#### Tropical Australia:

- If the child has more than one localised sting, or looks or feels unwell, call Triple Zero (000) and seek help from a lifeguard/lifesaver if available.
- Treat the sting with a liberal amount of vinegar for 30 seconds, then pick off the remaining tentacles (this is not harmful to you as the rescuer). If no vinegar is available, pick off the tentacles and rinse the sting with seawater.
- Apply a cold pack or ice in a dry plastic bag to relieve pain.
- Monitor the child and if symptoms worsen, seek urgent medical care.

#### Non-Tropical Australia:

- Monitor and reassure the child, and do not allow them to rub the affected area.
- Pick off any tentacles (this is not harmful to you as the rescuer) and rinse the sting area with seawater.
- Place the sting area in hot water (no hotter than the rescuer can comfortably tolerate) for 20 minutes.
- If this does not relieve the pain or there is no hot water available, apply a cold pack or ice in a dry plastic bag.
- If the pain persists or is generalised, the sting area is large or involves sensitive areas (e.g. eyes), call Triple Zero (000) and seek help from a lifeguard/lifesaver if available.

**For advice, you can call the Victorian Poisons Information Centre: 13 11 26**

---

## More Information:

- Royal Children's Hospital (Kids Health Information Fact Sheets): [www.rch.org.au](http://www.rch.org.au)
- Kidsafe Victoria: [www.kidsafevic.com.au](http://www.kidsafevic.com.au)
- Learn these skills by booking into a first aid course: [www.emergcare.com.au](http://www.emergcare.com.au)



This information is not a substitute for first aid training or medical advice. Whilst all care has been taken in preparing this information, Emergcare takes no responsibility for its use by other parties or individuals, and recommends attending a first aid course.