



# Bluebottle stings

Bluebottles are common on our beaches during high tides and when north easterly winds blow. Note the following advice when treating a bluebottle sting.



**For all medical emergencies dial 000 immediately and ask for Ambulance**

## BLUEBOTTLE STINGS

Bluebottle tentacles will cause a sharp, painful sting if they are touched, which is aggravated by rubbing the area. Intense pain may be felt from a few minutes to many hours and develops into a dull ache which then spreads to surrounding joints.

People who have been stung by a bluebottle may exhibit signs of shock. Children, asthmatics and people with allergies can be badly affected and a number of cases of respiratory distress have been reported in Australia.

If stinging occurs, leave the water immediately.

## TREATMENT

- > A major sting to the face or neck area should be treated urgently, especially if there is swelling to the site. In these cases dial 000 immediately and ask for Ambulance.
- > Remove any tentacles that are stuck to the skin with tweezers or a gloved hand.
- > Wash the site of the sting with lots of water.
- > Apply ice packs, avoiding direct contact with the skin by wrapping the ice pack in a towel.
- > If pain continues reapply the ice packs.
- > Do not apply vinegar.
- > Do not rub sand on the area.
- > Your doctor may provide you with further treatment should you feel it is necessary.

## FIRST AID COURSES

The Ambulance Service of New South Wales encourages everyone to learn first aid. This can give you the confidence to assist when someone is injured or ill. To enrol in a first aid course contact an accredited provider listed with the Workcover Authority.

### For further information please contact: