



## Treatment of Marine Venomous Stings

The instructions listed below should be followed in the event of a sting from a Lionfish, Foxface, Rabbitfish, Leaf fish, Wasp Fish, Sea Goblin, Stonefish, Scorpion Fish and Rhinopias.

Prevention is key, it is not advised to hand feed venomous fish species. Feed these species with feeding prongs or tweezers. Also take due care when clean the aquarium with these species, keeping an eye on their location and agitation.

1. Apply Immediate First Aid.

Recognise the pain and symptoms, once stung you will usually know immediately. Pain usually sets in within 3-4 minutes.

2. Remove any jewellery near the sting site.

A sting will typically cause swelling, jewellery or tight clothing at the sting site can cut off circulation to the area once swelling begins.

3. Remove any pieces of stinging spine in the wound if possible.

Spines may still be releasing venom into the wound. If possible removal spines and debris. If unable to removal leave for a medical professional to do so.

4. Wash the sting site with warm, clean water and soap.

Let the water flow over the wound to help flush out any foreign objects and remaining venom. Scrub the sting site lightly and keep flushing the wound out.

5. Apply pressure to stop the bleeding if necessary.

If the wound is bleeding heavily, use a clean towel or sterile gauze and apply pressure on the wound.

6. Submerge the wound in hot, non-scalding water for 20-30 minutes.

Hot water will neutralise the venom and prevents the entering of the bloodstream. Water should not be hotter than 45 °C or as hot as you can handling with out burning. This must be done as soon as possible or within the first two hours of a sting.

7. Seek medical advice.

If complications arise from the sting seek medical advice immediately.

Symptoms can included - anxiety, confusion, dizziness, rapid but weak pulse, shallow breathing, feeling faint/unconsciousness, muscle aches and cramps, fever and swelling.

8. Helping the wound heal.

Apply ice to help reduces swelling at the sting site for 15-20 minutes.

Take pain relief medications.

Apply antibiotic cream to prevent any secondary infections.

Keep the wound covered with light bandages.