



## Information for patients, relatives and carers

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# Jellyfish/weever fish stings

A jellyfish sting is not unlike being burnt by a cigarette. Usually wherever you are stung the localised area becomes red and inflamed.

### You Should:

- ✓ Pour **salt** water over the affected area (not fresh water)
- ✓ Remove any visible tentacles by **pulling**, using tweezers if possible or the edge of a bank card. Do not rub as rubbing activates further venom release.
- ✓ If possible, place the affected area in water, as hot as can be tolerated (45°C) for at least 30 minutes. Take care when dealing with young children and the elderly, ensuring not to burn them.
- ✓ Take painkillers such as: paracetamol or ibuprofen. Oral antihistamines can be taken to reduce itching and redness if necessary.
- ✓ Ensure your tetanus injection is up to date.

### You Should Not:

- × Use vinegar
- × Pee on the sting
- × Apply ice or a cold pack
- × Touch any spines with your bare hands
- × Cover or close the wound

If there are any signs of continue swelling or fever, contact your GP for further assessment.

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① If you have further concerns about your condition, please contact your GP. If you are not sure what to do, call 111 or get help from 111 online: <https://111.nhs.uk/> [When to use NHS 111 - NHS \(www.nhs.uk\)](https://www.nhs.uk)

## **Patient Advice and Liaison Service (PALS)**

We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk)

An answer phone is available out of hours.

## **Leaflets in alternative languages or formats**

If you require this information in a different language or format, for example Braille, large print, Easy Read or audio, please ask the staff who are looking after you.

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