



Information for patients, relatives and carers

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.

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://111.nhs.uk/When-to-use-NHS-111-NHS)

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 yhs-tr.patientexperienceteam@nhs.net.

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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