



FIRST AID IN THE PACIFIC

In partnership with Sir Brian Bell Foundation

WHAT IS FIRST AID?

First aid is the help given to someone who is injured or ill to keep them safe and to cause no further harm. The role of a first aider is to give someone this help.

THE FIRST AIMS OF FIRST AID ARE:

- Preserve life
- Prevent illness or injury from becoming worse
- Relieve pain, if possible
- Promote recovery
- Protect the unconscious

All information provided is from St John Ambulance in partnership with Sir Brian Bell Foundation Papua New Guinea

JELLYFISH

SIGNS AND SYMPTOMS

- Pain at site
- Severe pain back and abdomen
- Tentacles and lesions (welts/blisters)
- Nausea, vomiting

POSSIBLE:

- Difficulty breathing
- Incoherence
- Drowsiness
- Respiratory & cardiac arrest

Box jellyfish and Irukandji are often sighted in waters around Papua New Guinea.

The Box jellyfish are large, cube-shaped and have tentacles draping from the body which produce very potent venom. The stings from these are painful and can be fatal to humans.

The Irukandji are small jellyfish and at times too small to be seen, the sting can be minor but can cause severe generalised pain.

Severe box jellyfish envenomation is rare, but in those incidences systemic symptoms can arise rapidly and cardiac arrest can happen in 3 - 5 minutes.

WHAT YOU SHOULD DO:

For box jellyfish, Irukandji, morbaka and jimble jellyfish, or other tropical jellyfish sting.

1. **DRSABCD**
2. Vinegar
 - a. Flood the entire stung area with lots of vinegar for at least 30 seconds
 - b. DO NOT use fresh water
 - c. If vinegar unavailable, flick tentacles off using a stick or gloved hand, rinse with sea water
3. Pain Relief
 - a. If pain relief is required, apply a cold pack only after vinegar has been applied
4. Seek urgent medical help



St John Ambulance | Papua New Guinea

enquiries@stjohn.org.pg www.stjohn.org.pg www.facebook.com/SJAPNG



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