

BITES AND STINGS

The source of a bite or sting is often unknown. Most injuries will cause a little pain, itching, localized swelling, and some redness and discomfort. However, stings sometimes cause an intense allergic response known as anaphylaxis, particularly when a bee is involved. This condition is life-threatening, with a grave outcome if treatment is not commenced promptly (see pp.50-51).

Animals that sting	Regions where they occur
<ul style="list-style-type: none"> Bees, wasps, hornets Mosquitoes Jellyfish Sea anemones Fire coral Portuguese man-of-war 	<ul style="list-style-type: none"> All areas Tropical and subtropical
<ul style="list-style-type: none"> Cacti Cone shells Sea urchins Spiny fish (Spanish scorpionfish, stonefish, needlefish, sea-eels) Stingrays 	<ul style="list-style-type: none"> All areas (except Arctic and Antarctic) Tropical and subtropical Tropical and subtropical Tropical and subtropical Arctic, Pacific, Indian Oceans Freshwater (South America)
<ul style="list-style-type: none"> Sharks Moray eels Baracuda Sea snakes Crocodiles, alligators 	<ul style="list-style-type: none"> Mostly between, between Tropical and subtropical Tropical and subtropical Tropical and subtropical Arctic, Pacific, Indian Oceans Freshwater (South America)
<ul style="list-style-type: none"> Sea jellies (sea wasp) Box jellyfish Fire coral Portuguese man-of-war Stingrays 	<ul style="list-style-type: none"> All areas (except Arctic and Antarctic) Tropical Tropical and subtropical Tropical and subtropical Tropical and subtropical

Particularly dangerous small marine animals that can cause lesions

- Southeast Asia/northern Australia
- Caribbean, western Africa, Spain
- Indian Ocean
- Southeast Asia/northern Australia
- Indian/Pacific Oceans
- Indian/Pacific Oceans

- Particularly dangerous small marine animals that can cause lesions**
- Do not touch unknown animals or coral
 - Wear shoes at all times and dive with a buddy
 - Do not harass animals at any time
 - Make sure tetanus vaccination is up-to-date
 - Carry antivenom in high risk areas

General symptoms of bites and stings

Typical Symptoms	Unusual Symptoms
<ul style="list-style-type: none"> Swelling Itching Redness Swelling 	<ul style="list-style-type: none"> Fainting Fluorescence Muscle pain Chest pain

Anaphylaxis (see pp.50-51)

Symptoms and signs	Treatment
<ul style="list-style-type: none"> General skin flushing Swelling of lips and eyes Fast pulse Low blood pressure Shortness of breath Shock 	<ul style="list-style-type: none"> ABC assessment if collapsed Adrenaline 0.5mg IM (0.5ml of 1:1000 solution). Adult dose 10-20mg IM Steroid: hydrocortisone 500mg IM/IV IV access/fluids (500ml immediately)

Immediate treatment of bites and stings

If collapsed, difficulty breathing or a large bite, remove casualty from water and treat as above.

Stings

- Avoid the stings or tentacles - use gloves.
- The sting area can be covered with vinegar or bicarbonate, but this may make immobilisation and pain worse.
- Cover the area with shaving cream, lipid, or sand/seawater paste, and scrub the area in very warm seawater - this avoids any further immobilisation.
- Take the area in very warm seawater - this avoids any further immobilisation. This will encourage the breakdown of venom in the skin.
- Thoroughly wash the area, and put sterile dressings on wounds.
- For relief of pain - diplopterol gel and lidocaine 2% gel are effective.
- For inflammation - hydrocortisone 1% cream is effective.
- For tetanus - oral amoxicillin (terazoline or cefazolin).
- Observe the crew and wounds for signs of infection or deterioration.
- If signs of infection, apply fusidic acid 2% cream 2-3 times a day.

See pp.50-51
See pp.32-33

Bites and penetrating wounds

- Wash the wound thoroughly with soap and hot water (sterile if possible).
- Remove embedded spines if possible. DO NOT remove large spines (such as those from a stingray) from the chest, head, neck, or abdomen - bleeding may worsen.
- Stop bleeding with direct pressure (see p.70). Avoid using tourniquets if possible.
- Wash wound in very warm water (as warm as tolerated) for 60-90 minutes.
- Cover wound with sterile dressing and check daily for infection.
- Start broad spectrum antibiotics (amoxicillin + clavulanic acid or ciprofloxacin).
- Check tetanus status and availability of an antivenom.

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