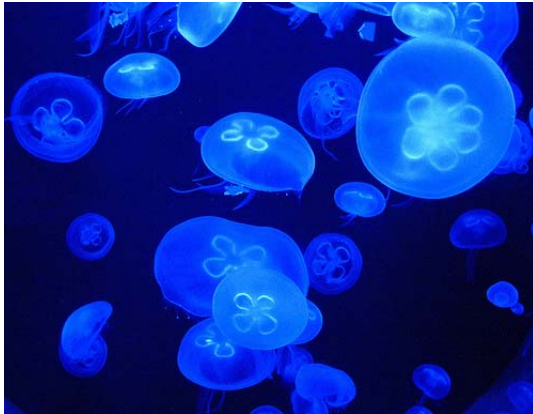


## **S.O.S. - Summer Outdoor Safety**

### **Jellyfish Pains**



Jellyfish or sea nettles are commonly found throughout the coastal waters of the eastern seaboard. An encounter with this lovely creature can surely put a halt to your fun in the sun. The way in which jellyfish protect themselves are through structures that produce venom called nematocysts on their tentacles. The pain you feel after getting stung is in fact a two part process: a skin puncture and a substance that causes pain in the wound.

#### **So how do you make that sting go away? Well here are a few tips:**

- RINSE the affected area with sea water, DO NOT use tap water.
- Apply vinegar for 30 minutes.
- AVOID ammonia and alcohol.
- Watch for any allergic reactions.

- REMOVE any visible remaining tentacles with tweezers if available or swipe off with the edge of a credit card. Be sure to swipe in the opposite direction from which the stinger came in.
- If any symptoms are severe, or someone is stung in the mouth, on or near the eye, a large area of skin or the genital region, you should seek out a doctor.

### **Bites and Stings**

Guilty creatures; Spiders, Bees, Hornets, Wasps including Yellow Jackets, and Ants.



Application of a cold compress at the site is usually enough to stop discomfort.

The stinger should be removed by scraping rather than squeezing or pulling which may release additional venom. If an allergic reaction occurs, transport to a medical facility may be needed. If a child is known to have an allergic reaction, speak to your doctor about safety treatments.

## Sun Block Woes

It's a bright sunny day at the beach, and you're applying suntan lotion when you hear "Owww! That stings. It's in my eye" So now what do you do?

- **DON'T WAIT!** Get into the shower, trickle water from a hose, pour water from a faucet - the fastest way is the best way. Continue for 15-20 minutes; blink your eyes while the water is running.



- After 15-20 minutes of running water, your eye will probably feel a bit irritated and look red. Rest for 15-30 minutes; give your eye a chance to recover.
- Next, call the Poison Center at 1-800-222-1222. The experts there will ask some questions to figure out if you can continue treating this at home or if a doctor is needed.

## Wild Mushroom Warning



The *Chlorophyllum molybdites* (above), also known as green-spored parasol is a widespread mushroom. They are highly poisonous and can produce severe gastrointestinal symptoms of vomiting and diarrhea. These are the most commonly consumed poisonous mushrooms in North America. It is **NEVER** safe to eat a wild mushroom. It is important to watch children playing outdoors so they don't eat mushrooms; after all, to a child it just looks like dinner. Cooking doesn't make a poisonous mushroom safe. In fact, you can be poisoned by breathing in the cooking fumes from some poisonous mushrooms. If you think that someone has eaten a wild mushroom, call the Poison Center right away at **1-800-222-1222**. The Poison Center experts will tell you exactly what to do.

### CALL US

-To request a speaker for presentations for the general public & for health professionals.

-To request educational materials including magnets & telephone stickers to be sent to you free.

-To be added to our mailing list.

**YOU can be...  
a HERO too!!!  
Tell someone about  
1-800-222-1222**



### **SO YOU WANT ONLY THE BEST?**

| <u>Problem</u> | <u>Action</u>           |
|----------------|-------------------------|
| heart          | → see heart specialist  |
| cancer         | → see cancer specialist |

**Poisoning** → call your Poison Center  
Get help from the **BEST** for free!  
Completely free! No co-pay! WOW!