

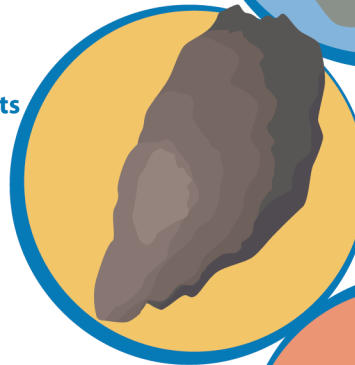
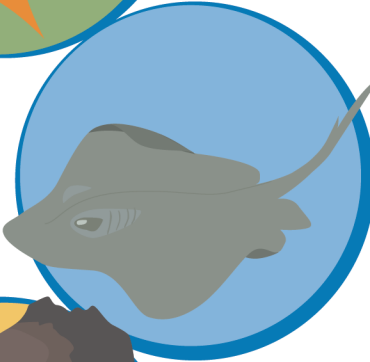
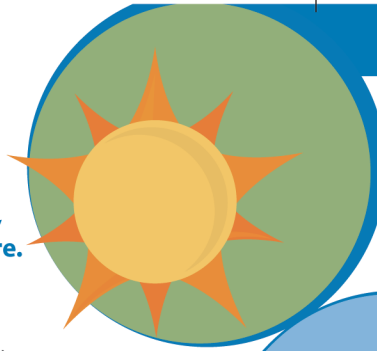
SUNBURN

How fast and how severely you burn depends on genes, prior sun exposure, sun intensity, and length of exposure.

Severity First degree (skin redness)
Second degree (skin blistering)

Prevention Seek shade mid-morning to mid-afternoon, use sunblock (SPF>15).

Treatment Cool wet compresses, topical aloe vera gel, anti-inflammatory medicines like ibuprofen. After sunburn, avoid sun exposure. Because of allergy risk, avoid topical anesthetics containing benzocaine. For severe sunburn, ER visit is advised for treatment with steroids, strong pain meds.



STINGRAYS

These flat fish have whip-like tails with sharp barbs. If disturbed, barbs can pierce foot/ankle or hand/wrist.

Severity Barbs inject painful venom that can spread up extremity. Barbs can break off.

Prevention To avoid disturbing stingrays, shuffle feet while wading in surf.

Treatment Soak extremity 30-90 minutes in hot water to neutralize venom. When pain lessens, cleanse wound, treat with topical antibiotics. Visit ER if: pain persists, barb breaks and embeds, wound becomes infected, or tetanus immunization is over 5 years old.

SHELLS

Shells can have very sharp edges and can leave fragments in wounds.

Severity From minor scrapes to deeper wounds with imbedded debris or shell pieces that can be painful, hard to locate.

Prevention Avoid handling with bare hands. Avoid walking barefoot on shell banks.

Treatment Cleanse minor wounds of foreign particles. Topical antibiotics are recommended. Deeper wounds – go to ER for foreign body evaluation, antibiotics, wound closure, and tetanus shot update.

JELLYFISH

Can be floating, swimming, or beached. Nearly invisible (clear) or brightly colored. Many have spring-loaded glands called nematocysts that sting the skin, releasing venom.

Severity Pain can range from mild to severe. Serious reactions include chest pain, vomiting, shortness of breath, or generalized hives.

Prevention Avoid jellyfish in the water and don't walk barefooted near beached jellyfish.

Treatment Remove undischarged nematocysts by flushing skin with ocean water – NOT tap water or bottled water (can rupture nematocysts). Scrape off nematocysts with plastic card in downward motion. (Do not scrape up and down). Apply vinegar compress to soothe. Diphenhydramine capsules (like Benadryl) can help. Apply 1% hydrocortisone cream 2-3 times a day. ER treatment for severe reactions like chest pain, vomiting, shortness of breath.

IN EMERGENCIES:
CALL **911**



HILTON HEAD HOSPITAL

Hilton Head Regional Healthcare

25 Hospital Center Blvd.
Hilton Head Island, SC 29926

Open 24 hours, 365 days

FROM THE BEACH:

Head East on US Hwy 278 and from Business Highway 278 turn right onto Beach City Road. After the library (on left) turn left onto Hospital Center Boulevard at Hilton Head Hospital monument sign. Follow signs to Emergency Department, turn left onto LaMotte Drive. Emergency Department, second Right.

BEACHSMART

Have fun, be safe on Lowcountry beaches.

