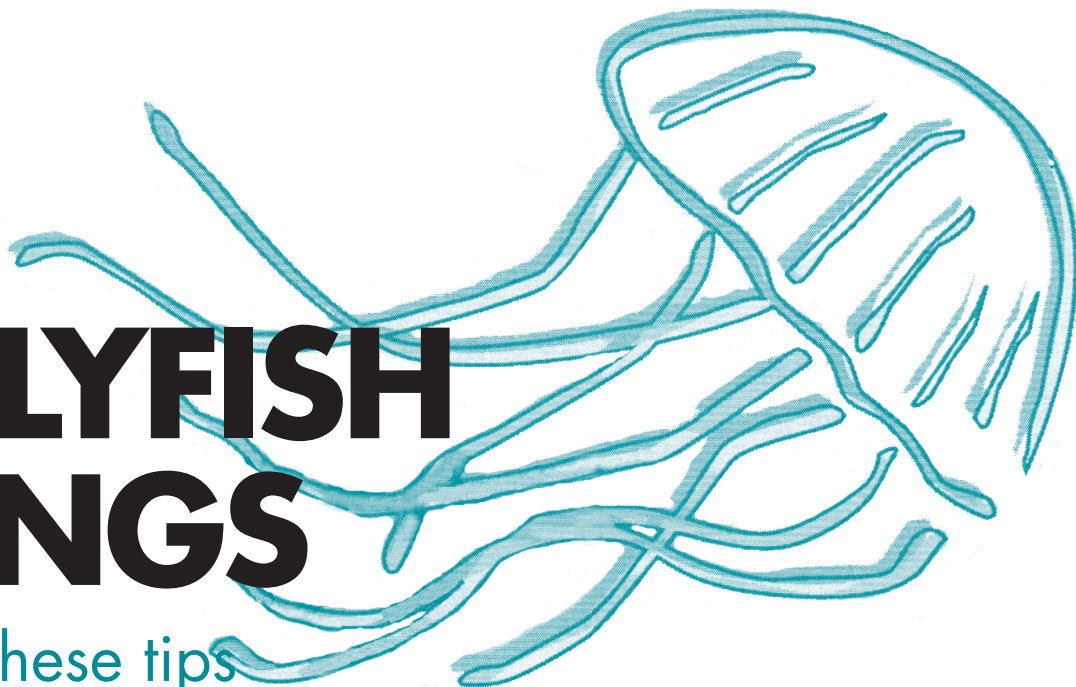


# JELLYFISH STINGS

Follow these tips



Jellyfish season is during the summer months on Hilton Head Island beaches. Jellyfish stings are caused by a “spring-loaded” venom gland, called a “nematocyst,” that releases venom and irritates the skin.

Here are some tips to help treat jellyfish stings.

■ First remove any remaining undischarged nematocysts, as some may remain on the skin. This can be accomplished by flushing ocean water over the skin. **Do not use tap water or bottled water**, which can cause the undischarged nematocysts

to break.

■ Next, spray shaving cream over the area, and scrape it off with an ID card. This helps to remove any remaining cysts.

■ To soothe the affected area, you may apply cool compresses soaked with diluted white vinegar.

■ A medication containing diphenhydramine, such as Benadryl capsules can help relieve itching.

■ Over the counter pain medication such as acetaminophen or ibuprofen may be helpful.

■ Finally, treat the area with 2 percent hydrocortisone cream. The cream may be used two to three times a day.

Any serious reactions, such as chest pain, vomiting, shortness of breath or generalized hives, may require a trip to the emergency room.

For a free guide to ocean-related injuries, visit our website at [www.hiltonheadmedctr.com](http://www.hiltonheadmedctr.com)

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