



CHECKLIST

Jellyfish sting first aid checklist

- ☐ Get the person out of the water calmly and quickly
- ☐ Rinse the sting site with seawater only
- ☐ Remove tentacles with tweezers or a card, never bare hands
- ☐ Immerse in hot water for at least 30 minutes
- ☐ Watch for breathing difficulty, swelling or confusion
- ☐ Call 999 if severe symptoms appear
- ☐ Apply antihistamine cream or tablets after the pain subsides
- ☐ Keep the area clean and covered until healed