

Current recommended treatment

Life Saving Victoria follows the guidelines of of the Australian Resuscitation Council (ARC).

The ARC is a voluntary co-ordinating body which represents all major groups involved in the teaching and practice of resuscitation and is sponsored by the Royal Australasian College of Surgeons and the Australian and New Zealand College of Anaesthetists.

- For tropical stings (i.e., box jellyfish and Irukandji stings – not common to Victoria), douse with vinegar
- For all other jellyfish stings, wash sting area with saltwater to remove any stinger cells still on the skin and not visible to the naked eye and place ice on the area for a maximum of 20 minutes to assist in reducing pain

Facts

You can remove the tentacles with fingers usually without any further pain to the hand due to the thicker skin found on the fingers

Stinger cells too small to be seen with the eye can still remain on the skin after the tentacles have been removed

Wash the area with saltwater to remove these cells as much as possible, as freshwater can actually make the stinging cells release more toxin.

**For additional detail on this Circular contact:
Greg Scott, Support Officer – Lifesaving Services**

Email greg.scott@lifesavingvictoria.com.au or by phone: **0438 000 872**

Circulars are also available at **www.lifesavingvictoria.com.au**

Address: PO Box 353 South Melbourne DC 3205

**Information was prepared with the assistance of Lisa Anne Gershwin, National Marine Stinger Advisor*