

**1-800-222-1222**

## First Aid for Poisoning

### Swallowed Poison:

- Gently wipe out mouth and give a small amount of water.
- Do not make the person vomit.
- Call the poison center.

### Poison on the Skin:

- Remove contaminated clothing and jewelry.
- Rinse skin with lukewarm water for 10 minutes.
- Call the poison center.

### Poison in the Eye:

- Flush the eye with lukewarm water from cup, faucet, or shower for 15 minutes.
- Do not force the eyelid open.
- Call the poison center.

### Inhaled Poison:

- Get the person to fresh air.
- Open doors and windows.
- Call the poison center.

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# What you need to know about Bites and Stings

## Snakes

Two venomous snakes are native to Maryland: the Timber Rattlesnake and the Eastern Copperhead. Both are pit vipers with triangle-shaped heads, oval-shaped pupils, fangs, and pits between the nose and the eyes. Rattles may or may not be present on the rattlesnake.

Not all bites from venomous snakes result in the injection of venom into the body. Symptoms to watch for around the bite site include pain, redness, and swelling that increases over time.

## Snakebite First Aid

Remain calm. Wash the area well with warm soapy water. Always call the Maryland Poison Center before performing any additional first aid. Never use a tourniquet or cut the bite site to suck out the venom.

## Spiders

The Black Widow spider is the only venomous spider native to Maryland. It is known for its round, shiny black body with an orange-red hourglass on the underside of its abdomen. Its bite may be painless or painful with redness and warmth at the site. Common symptoms include severe muscle pain and cramps that develop within two hours of the bite. Most spiders bite humans as an act of self-defense. Often bites will become infected, leading to wounds that require medical care.

The Brown Recluse spider is venomous, but it is not native to Maryland. Insect and spider bites that have become infected are often mistake for a brown recluse bite.

## Spider Bite First Aid

Wash the area well with warm soapy water. Always call the Maryland Poison Center before performing any additional first aid.

## **Ticks**

Bites from some ticks found in Maryland may result in illness such as Rocky Mountain Spotted Fever or Lyme Disease. The symptoms of both illnesses begin a few days to a few weeks following the tick bite and can include headache, chills, fever, and a rash. Joint pain may also occur in Lyme Disease.

### **Tick First Aid**

Remove ticks using tweezers. Grasp the tick with the tweezers close to the skin and pull upward with steady, even pressure. Make sure entire tick has been removed. Wash the area thoroughly. If symptoms develop, contact a doctor.

## **Bees, Wasps, and Hornets**

Bees, wasps, and hornets commonly sting when their nests are disturbed or if they get hit. Unless you have an allergy, one sting from a bee, wasp, or hornet won't cause any harm, but it will be painful. If you are stung multiple times, there is a chance that the stings might cause more harm.

### **Bee, Wasp, and Hornet Sting First Aid**

After being stung, look at the area to see if the stinger was left in the skin. If it is still in the skin, use tweezers to remove it as soon as you can to avoid further irritation. Wash the area with soap and water. Swelling and itchiness may occur around the site of the sting. Mild symptoms can be managed by calling the MPC.

## **Jellyfish**

There are a few types of jellyfish that are commonly found in the Chesapeake Bay and mid-Atlantic waters. Because of the murky color of the water, jellyfish are very hard to see while swimming. Stings from jellyfish found off the shores of Maryland typically produce mild symptoms. Never touch a jellyfish that is washed up on the beach. The venom is still present and can cause symptoms.

### **Jellyfish Sting First Aid**

If you are stung by a jellyfish, rinse the area with salt water. Vinegar can stop the venom in the stingers. Avoid using ammonia, rubbing alcohol, fresh water, or ice, because these may trigger the release of more venom. Scrape the stingers off using a credit card or by rubbing wet sand on the area.

