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Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

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A Guide for Managing Bites and Stings

- Seek immediate medical attention if there are any signs of allergic reaction (e.g., hives, trouble breathing).
- For advice on managing bites and stings contact US Poison Control Center at 800-222-1222

JELLYFISH

- Remove tentacles with the edge of a credit card, a stick, or covered fingers. Rinse the affected area in seawater (Avoid fresh water or rubbing the area, which can increase the release of venom)
- For many types of jellyfish, vinegar should be used on the sting ASAP, for at least 30 seconds to help remove the tentacles and stop venom from entering
 - If the sting is from a bluebottle jellyfish (AKA Portuguese man-of-war), rinse only with seawater, NOT vinegar (can increase the release of venom)
- Use an oral analgesic, oral antihistamine, topical corticosteroid, or topical 4% lidocaine if needed for pain or itching

SCORPION

- Wash the area with soap and water
- Most scorpions in the U.S. are relatively harmless
- The bark scorpion (found in AZ, NM, and parts of CA) is the only scorpion in the U.S. that causes serious reactions (restlessness, increased heart rate and blood pressure, muscle spasms, abnormal movements, anxiety, agitation, sweating, and drooling)
- If stung by a scorpion, contact the local poison control



STINGING INSECT (Bees, hornets, wasps, fire ants)

- Quickly scrape the stinger (only bees leave their stingers) off with a thin, dull edge (edge of a credit card, fingernail)
- Wash the area with soap and water
- Apply a cold compress for about ten minutes to reduce discomfort, itching, redness, and swelling
- Use an oral analgesic, oral antihistamine, topical corticosteroid or topical anesthetic as needed



SNAKE

- Seek immediate medical care unless the snake is positively identified as nonvenomous
- Wash the wound with soap and water
- Keep the site of the bite still and lower than the heart. Do not apply ice, suction, or a tourniquet
- Stay away from a snake that has bitten. They may bite more than once or bite reflexively after death

SPIDER

- Seek immediate medical attention if you think the spider bite is from a black widow (found throughout North America) or brown recluse spider (midwestern and southwestern US)
- Bites from black widow spiders are painful and can be deadly
- To reduce discomfort, itching, redness, or swelling: apply a cold compress or topical steroid, take an oral analgesic or antihistamine

TICK

- Remove the tick with fine-tipped tweezers. Grasp the tick as close to the skin as possible- use steady, even pressure and pull it straight out
- Wash the bite area with soap and water or rubbing alcohol after removal.
- Save the tick for identification. Store up to ten days (in fridge, if alive or freezer, if dead).
- Do not try to burn the tick off or apply nail polish remover or petroleum jelly. These may cause the tick to embed farther into the skin



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<https://pharmacist.therapeuticresearch.com/Content/Segments/PRL/2012/Jun/How-to-Manage-Bites-and-Stings-4416>

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