



# SNAKEBITE FIRST AID

Help yourself and others by following these first-aid steps immediately in a snakebite emergency and before reaching a health facility.

## DO

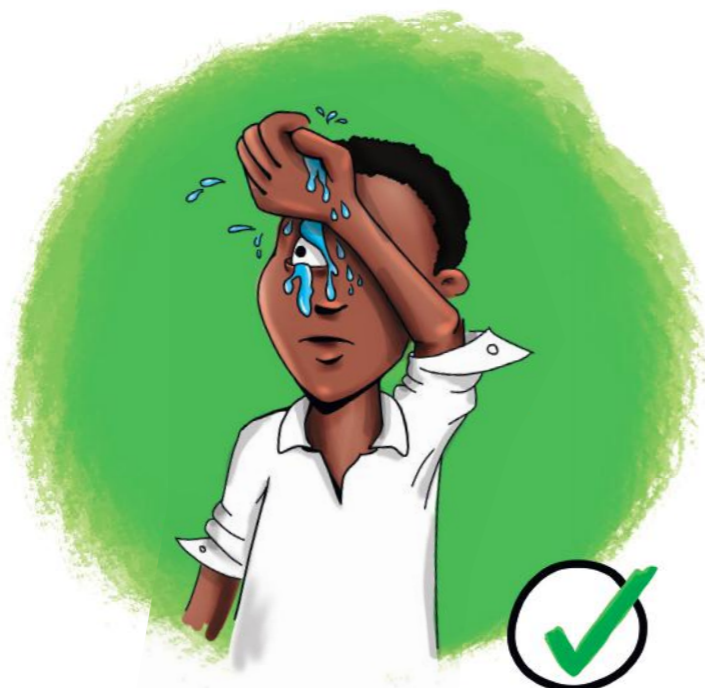
**DO** stay calm and reassure the bitten person.



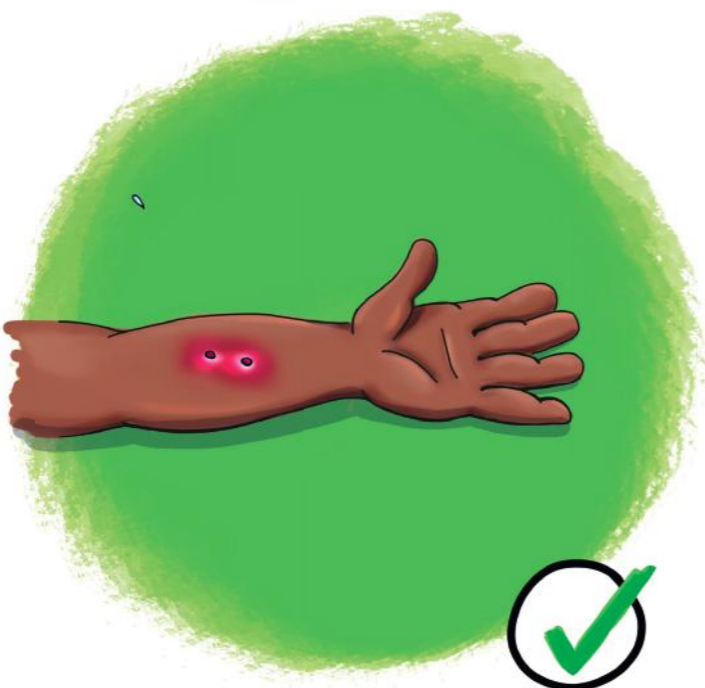
**DO** move slowly away from the snake.



**DO** rinse venom in the eyes with running water in case of spitting snakes.



**DO** leave the wound area (or bite mark) alone.



**DO** remove all tight items around the affected area.



**DO** lay the patient on his/her side and reduce movement of the affected area.



**DO** rush to the nearest health facility for medical treatment.



## DON'T

**DON'T** panic. Instead, calmly follow these first aid steps.



**DON'T** attack or kill the snake.

If you are close enough to hurt it, it is close enough to defend itself by biting you.



**DON'T** rub the eyes.

Rubbing causes irritation to the eye and spreads the venom.



**DON'T** wash, cut or suck the wound.

It can lead to infections and venom spreading.



**DON'T** tie the affected area to stop blood circulation.

It can lead to infections that cause loss of limbs or even death.



**DON'T** lay the patient on his/her back.

Lying on the back can block the airways.



**DON'T** use traditional methods or any unsafe treatments.

For venomous snakebites, blackstones and herbs don't help and will delay medical treatment.



## SNAKEBITE EMERGENCY?

In case of a snakebite emergency, go to a health facility **IMMEDIATELY!**

## 8 SIMPLE STEPS TO AVOID SNAKEBITES

- 1** Wear closed shoes or boots and watch your step in the bush.
- 2** Use a torch outside at night.
- 3** Keep food, water and livestock outside your house. Store food and water in closed containers and livestock outside the house to prevent rats and mice entering the house.
- 4** Store firewood distant from your house. Store firewood distant from buildings to prevent snakes hiding and coming into the building.
- 5** Sleep off the ground and use mosquito nets to avoid snakebites during sleep.
- 6** Seal holes in your walls to prevent snakes entering the house.
- 7** Cut grass and clear the ground around your house. Clearing the area gets rid of hiding places for snakes.
- 8** Find out how to get to the nearest health facility with antivenom.