



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.



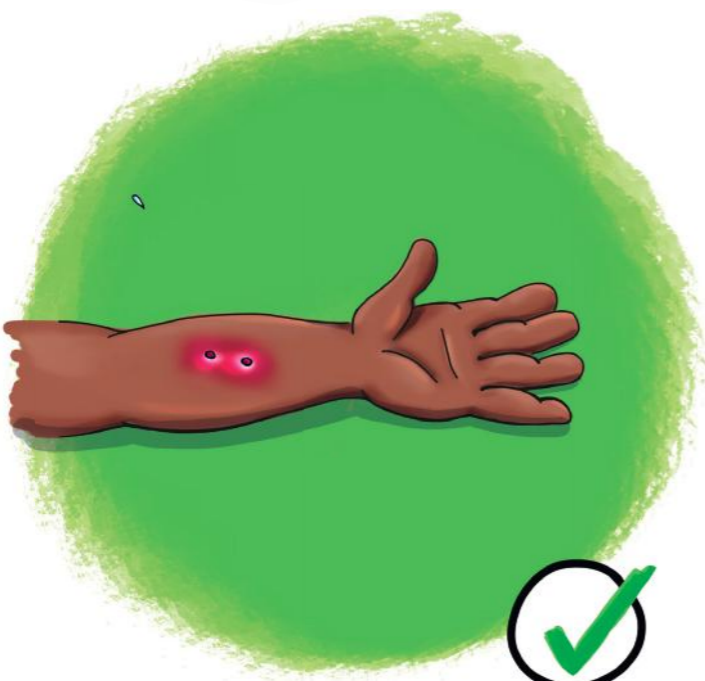
DO move slowly away from the snake.



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 bite you to defend itself.



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.