

### **Home first aid kit**

Every household should have a first aid kit with: Bandages, triangular bandages, gauze dressing, bottle of antiseptic fluid, wound dressings, scissors, adhesive tape, safety pins, plasters, gloves, your own medication, e.g. painkillers etc., Calamine lotion for light burns. Emergency cell phone numbers.

### **Snakebite**

Mortality rate from snakebite = 1 in every 68 bites = about 15 fatalities a year in SA

**Puffadders:** toxic to tissue (cytotoxic)

**Mamba & cobra:** toxic to the nervous system (neurotoxic)

**Boomslang & vine snake:** toxic to blood cells & blood loses its ability to coagulate (haemotoxic)

Stay calm.

Keep the person as still as possible.

Observe the person closely and record any symptoms and the time taken for them to appear.

Get to a hospital immediately.

Don't use anti venom except in a hospital environment.

Don't cut and suck the wound, or use suction cup devices or electric shocks.

Don't give the patient anything to eat or drink

Don't rub any medication into the wound or soak the limb in home remedies.

Don't try to catch and kill the snake.

Don't be blasé about snakes