BLUEBOTTLE FIRST AID





BLUEBOTTLE (PHYSALIA)—BEACH FIRST AID

NOT A TROPICAL STINGER

DO:

- Carefully remove tentacles using seawater
- Rinse with seawater only
- Immerse in hot water (up to 45°C) for 20 minutes
- Use warm showers or heat packs if needed
- Seek medical care if pain persists or worsens

DO NOT:

❌ Do not use vinegar
❌ Do not rub the skin
❌ Do not use alcohol or freshwater initially