Jellyfish First Aid — Beach vs Reef (Quick Card)

Print and laminate for crew rooms & concierge desks.

BEACH (Bluebottle – Physalia)

Do:

- Remove tentacles; **rinse with sea water** (not fresh).
- **Hot water** (~43–45°C) for up to **20 minutes** OR cold pack if hot water unavailable.
- Seek help for persistent pain, large/sensitive stings, or if the person feels unwell.

Don't:

- Don't **use vinegar**.
- Don't **rub** the area or use sand.

TROPICAL REEF & COAST (Box/Irukandji)

Do:

- **Call 000** for severe stings or if unwell.
- If unresponsive / not breathing normally, start **CPR**.
- **Vinegar**: Douse/spray for **~30 seconds**; remove tentacles; apply **cold pack**.
- Watch closely for **30 minutes** for worsening symptoms.

Don't:

- Don't use **fresh water** directly on the sting.
- Don't delay calling for help if symptoms escalate.

Poisons Information (Australia): 13 11 26

Footer: This quick card supports, not replaces, professional medical advice.

GREAT BARRIER REEF tourS.com