How to treat a Jellyfish sting – First Aid

1. Carefully scrape the stinging cells out of your skin using the plastic card given.
2. If tentacles of jellyfish stuck on your skin, use forceps to remove them.
3. Rinse with vinegar on the affected site for 30 seconds.
4. Apply Calamine lotion or Lidocaine to help relieve itching and discomfort.
5. If pain not manageable and continues more than 30 minutes, or you start to have difficulty in breathing consult nearby hospital for treatment.