

Snakebite First Aid

What to do - and what not to do

Do

- Move away from the snake and keep the person calm and still.
- Immobilize the bitten limb with a splint if practical and remove rings/bangles before swelling increases.
- Arrange urgent transport to a hospital capable of assessment and antivenom treatment.
- Note the time and progression of swelling if possible.

Do NOT

- Do not cut, suck or burn the bite.
- Do not apply ice, chemicals or herbal pastes.
- Do not use a tight arterial tourniquet.
- Do not waste time trying to catch or kill the snake.

Weakness, drooping eyelids, breathing difficulty, bleeding, vomiting, rapidly increasing swelling or collapse requires immediate emergency care.

Important: This resource is for general education and does not replace an individual medical consultation. Seek urgent medical care for severe, rapidly worsening or emergency symptoms.