

First Aid for Snake Bites

As per the World Health Organization (WHO), India has the highest snake bite-related mortality. The severity of snake bite varies based on factors like species and quantity of venom. Immediate First Aid is crucial in addressing snake bites and mitigating their potential impact. In most cases, you would not know the species. You should always rush to a healthcare facility that has anti-venom serum.

Common Symptoms and Treatment

Common Symptoms	Initial Action
<ul style="list-style-type: none"> ● Swelling and redness occur at the site of the bite ● Pain around the bite site ● Allergic reactions like itching, and swelling in other parts of the body ● Vomiting: Gastrointestinal symptoms, leading to feelings of nausea and vomiting. ● Increased salivation and sweating, dizziness, and weakness ● Cardiac effects: Bite can impact the cardiovascular system leading to changes in heart rate and blood pressure ● Blurred vision: Double vision, as well as drooping eyelids ● Fainting or loss of consciousness: The nervous system responds to the stress of pain, shock, drop in blood pressure 	<ul style="list-style-type: none"> ● Do not attempt to suck out venom as it can introduce bacteria into the wound. You may also get poisoned ● Keeping calm and not moving will slow the spread of the poison ● Position yourself, so that the bite is at or below the level of your heart ● Let the wound bleed out: This process may allow some of the venom to flow out of the wound ● Remove any jewelry, watch, or tight clothing near the bite site, these items can become constrictive and swelling might occur ● Apply a splint with a secure bandage to the affected area to prevent the spread of venom through the lymphatic system ● Do not apply ice to the bitten area ● Avoid traditional first aid methods, herbal medicines, and scientifically unproven or unsafe forms of First Aid

The venom's toxins can damage vital organs, such as the kidneys, heart, and liver. Rush to the doctor immediately and get an **anti-snake venom injection**.

To Know more:

- [List of emergency numbers in India](#)
- [Indian Red Cross manual for First Aid \(page 238\)](#)
- [Snakebite cases in India](#)

Your Health, Your Responsibility