



STAY CALM! DO NOT PANIC! REASSURE THE PATIENT!

#### Do's

- ✓ Immobilize the bitten arm or leg and stay calm. This will ensure that the blood pressure is normal and venom does not quickly spread through the body.
- ✓ Remove jewellery / watch etc immediately as the bite area may start to swell.
- ✓ Position the victim's body in such a way that the bite is at or below the level of the heart.

#### Don't's

- ✓ Do not cut the wound or attempt to remove the venom. Just cover the wound with a clean, dry dressing.
- ✓ Do not use a tourniquet or apply ice in the affected area.
- ✓ Do not drink caffeine or alcohol.
- ✓ Do not try to physically capture the snake. If you can manage to click a clear picture from a distance using your mobile phone, it would be helpful in identifying the snake and ascertaining if it was a venomous or non-venomous snake.

A venomous snakebite treatment should start only after the patient starts showing signs of envenomation such as continuous bleeding from the bite wound, difficulty in breathing, drooping eyelids (ptosis), progressive swelling in the bite area etc.

Only 20% of the snakes found in India are venomous and majority of them do not cause human fatalities. **Anti-venom is the only effective antidote for snake venom.** Do not try traditional or herbal healing methods to treat a venomous snake bite.

