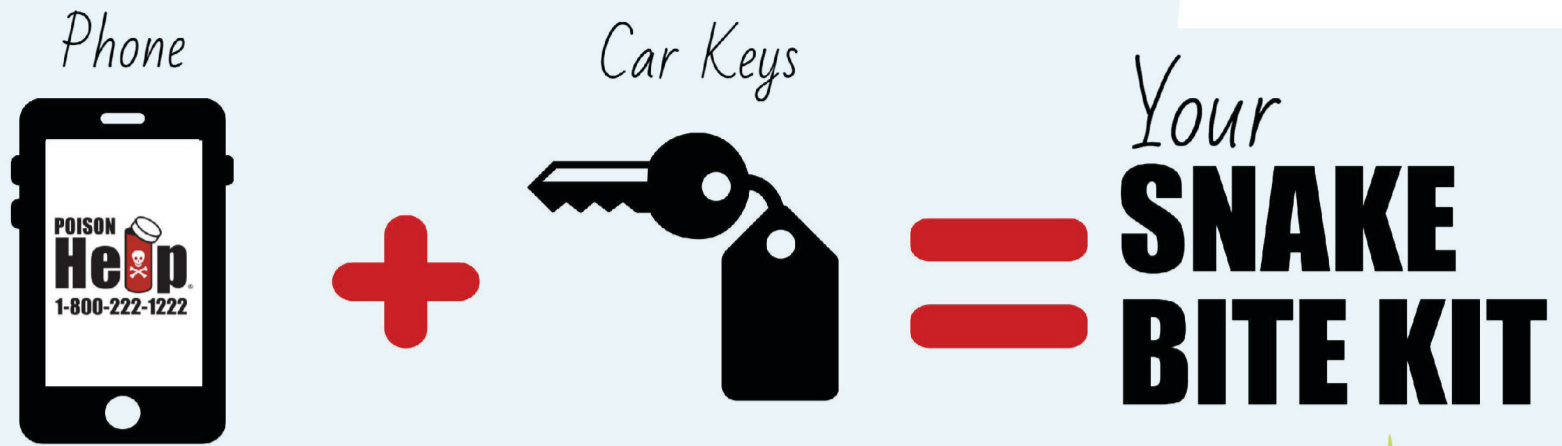


SNAKEBITE PREVENTION MADE SIMPLE



HOW TO PREVENT A SNAKEBITE

- Avoid places where snakes may live, including tall grass or brush, rocky areas, fallen logs, bluffs, swamps, marshes, leaves, and deep holes in the ground.
- Watch where you step and where you sit when outdoors.
- Never handle a snake, even if you think it is dead. Recently killed snakes may still bite by reflex.
- If you are planning to spend time in a snake-prone area, it's best not to go alone in case you are bitten by a snake or have another emergency. If you must go alone, make sure you bring a fully charged mobile telephone, and stay wherever your phone gets a signal.

When moving through tall grass or weeds, poke at the ground in front of you with a long stick to scare away snakes.

Shine a flashlight on your path when walking outside at night.

Wear long pants and sturdy close-toed shoes when spending time outdoors.

IF YOU ARE BITTEN...

Do not panic; keep still and calm.
Remove all jewelry and tight clothing.

Note the time the bite happened.
Try to remember the color and shape of the snake, but don't move closer to it. Only take a photograph of the snake if you can do so from a safe distance.

Keep the part of your body that was bitten straight and at heart-level, unless told otherwise by the specialist at the poison center.

Wash the bite with soap and water and cover the bite with a clean, dry dressing, if available, and if doing so does not cause delay.

Call Poison Help, 1 (800) 222-1222. The experts at the poison center have been specially trained to treat snakebites. If you need immediate medical care, the poison center specialist can help make sure you get the care you need, quickly. If the person who was bitten is having trouble breathing or losing consciousness, call 911 immediately.