First Aid for Marine Stings in Tropical Australian Waters:

1. **Call For Help**
   - Ensure Rescuer Safety
   - Remove/Assist Victim from Danger
   - Restrain from moving
   - **Assess Response**
     - Airway
     - Breathing
     - Circulation
   - **For severe jellyfish stings:**
     - Send others for help –
     - Call Ambulance: ‘000’
       - (Advise of ‘Box’ jellyfish sting)

2. **Emergency Care**
   - If requiring cardiopulmonary resuscitation (CPR)
     - Ensure ambulance is called
     - Commence CPR
   - Jellyfish sting but not requiring CPR
   - Tentacles present (probable Chironex box jellyfish)
   - No tentacles present (possible Irukandji)
   - Use help to:
     - Restrain others from rubbing the sting.
     - Simultaneously douse sting site liberally with **Vinegar**
     - Apply light vinegar soaked pad to sting site.
     - Continue CPR until there is improvement or arrival of ambulance.
   - If there is improvement, keep the victim at rest, reassured if conscious, and under constant observation.

3. **Treat Sting**
   - Ambulance staff are trained to administer advanced medical interventions including anti-venom for the potentially fatal Chironex fleckeri stings.
   - If severe pain develops, or there are other concerns: (Eg. altered conscious state, fainting, abnormal breathing)
     - Call Ambulance: ‘000’
   - If symptoms / concerns are fully settled the victim can be allowed to continue / go home.
     - If not they should be encouraged to seek medical attention