



WELLNESS WEDNESDAY

FROM OUR DOCS TO YOU

Snake Bites: Dr. Henry Shih

- Most North American snakes are not dangerous to humans.
- Venomous snakes include Copperheads, Rattlesnakes, Water Moccasins and Coral Snakes.
- If you think you have been bitten by a venomous snake **call 911 immediately.**
- **You will need timely anti-venom in an ER.**
- Stay calm. Immobilize the bitten area at the level of the heart.
- Remove any rings, watches or constrictive clothing from the affected limb.
- **DO NOT** apply pressure dressings, tourniquets or constrictive dressings.
- Methods, such as tourniquets, incision and oral suction, mechanical suction devices, cryotherapy, surgery, and electric shock therapy, have been advocated in the past but are no longer recommended.
- The **MOST** important thing is expeditious transport to a hospital ER.

