

# CAUTION



# WEEVER FISH

WEEVER FISH HAVE POISONOUS SPINES ON THEIR BACKS AND BURY THEMSELVES UNDER THE SAND IN THE SEA. IF YOU STAND ON A WEEVER FISH YOU WILL FEEL SEVERE PAIN IN THE AFFECTED AREA ALMOST IMMEDIATELY.

**TO PREVENT WEEVER FISH STINGS, WEAR APPROPRIATE FOOTWEAR WHEN PADDLING/SWIMMING IN THE SEA.**

**IF YOU ARE STUNG BY A WEEVER FISH**

- SOAK THE AFFECTED AREA IN HOT WATER (AS HOT AS YOU CAN STAND WITHOUT CAUSING SCALDING) FOR BETWEEN 30 AND 90 MINUTES.
- IF ANY SPINES REMAIN IN THE SKIN THEN REMOVE THESE WITH TWEEZERS, ENSURING YOU DON'T TOUCH THE SPINES WITH YOUR BARE HANDS
- IF SYMPTOMS PERSIST, SEEK MEDICAL HELP
- **IF SEVERE SYMPTOMS SUCH AS SHORTNESS OF BREATH, ABNORMAL HEART RHYTHM, WEAKNESS OR PARALYSIS OF AREA OCCURS THEN CALL 999 IMMEDIATELY.**