

LIZZIE AND LUKE'S LIFESAVING LESSON: BLUEBOTTLES



The bluebottle is the most well-known jellyfish on Australia's beaches. Their blue, balloon like sail sits above the water and is attached to a long tentacle (see picture above). This tentacle is covered in stinging cells. When the tentacle touches the skin, it reacts by injecting a toxin which causes irritation and can be quite painful.

Ways to minimise bluebottle stings:

- Always swim at a patrolled beach, between the red and yellow flags.
- Look for, and obey, the beach safety signs.
- Ask a lifesaver for help and advice.

What should you do if you get stung by a bluebottle?

- Report to the lifesavers.
- Wash off any remaining tentacles with seawater, or pick off with your fingers.
- Pour hot water on the affected area (no hotter than can be comfortably tolerated).
- If hot water is not available, the application of cold packs or ice is also effective.
- Spraying *Stingose* on the affected area can also help reduce irritation.

Lessons with Lizzie and Luke
aims to help beach goers be better educated in beach safety.

Bluebottles is Lesson 1, more lessons to follow.

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