

Marine Animal Poisoning and Envenomation

The summer and holiday season has arrived! Remember that when you are spending time at the beach you will find blue-bottles, jellyfish and sea-anemones. **Bluebottles** have specialised stinging cells which may fire during contact. Stings result in painful and itchy skin eruptions. **Jelly fish** and **sea-anemones** found on the South African coastline are not really poisonous.

What to do in the event of a sting:

- Do not scratch or rub the site.
- Irrigate with seawater, NOT freshwater as freshwater will cause stinging cells to discharge.
- The use of vinegar may help to inactivate the toxin.
- Physical removal of the cells may be achieved by scraping of the exposed area with the edge of a sharp knife or a plastic card e.g. bank card.
- Immersion in very hot water is recommended.
- Calamine lotion can be used.

Sea urchins have brittle spines which are non-venomous but easily penetrate the skin. The brittle spines are difficult to remove, often need surgical removal by a doctor to prevent infection.



Bluebottle



Jelly fish



Sea urchin

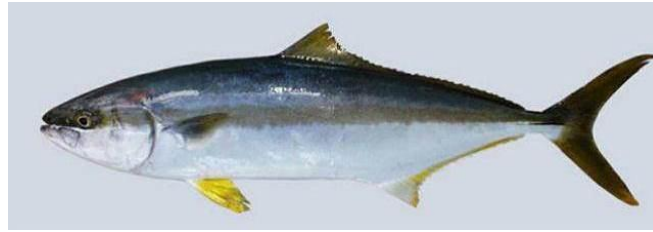
This time of the year many South Africans enjoy eating seafood! **Scombroid poisoning** (also referred to as histamine food poisoning) is caused by the consumption of fish which has undergone changes as a result of improper storage conditions. It may occur after ingesting raw, cooked, smoked or canned fish.

- Scombroid poisoning resembles an acute allergic reaction.
- The onset is rapid.
- Most patients experience a hot, blotchy flushing of the skin, especially of the face, neck and upper chest.
- Gastrointestinal symptoms and signs, such as diarrhoea, are usually prominent.

Most cases are mild and self-limiting, even without treatment.

Patients with scombroid poisoning are often misdiagnosed as having a food allergy and inappropriately instructed to refrain from eating seafood.

The Cape yellowtail (*Seriola lalandii*) is involved in most local cases.



Giftige seediere

Dit is somer en die vakansie is op hande! Wanneer jy tyd op die strand deurbring sal jy bloublasies, jellievisse en see anemone teëkom. **Bloublasies** het selletjies wat wanneer jy daaraan raak sal aktiveer en 'n stof vrystel wat 'n pynvolle, branderige en jikkerige uitslag veroorsaak. **Jellievisse** en **see-anemone** wat langs die Suid Afrikaanse kus voorkom is gewoonlik nie giftig nie.

Wat moet jy doen as jy in aanraking kom met bloublasie?

- Moenie die kontak area krap of vryf nie.
- Spoel deeglik met seewater af, moet NIE vars water gebruik nie. Vars water sal die brand gevoel vererger.
- Die gebruik van asyn kan help om die gifstowwe onaktief te maak.
- Jy kan die brandselle wat tydens kontak agtergebly het afkrap deur 'n mes of plastiek kaart (bankkaart) te gebruik.
- Hou die geaffekteerde area in baie warm water.
- 'Calamine Lotion' kan op die geaffekteerde area gebruik word.

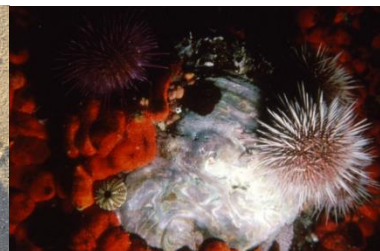
See kastaiings het bros stekels wat nie giftig is nie. Dit kan egter redelik maklik breek as jy daarmee in aanraking kom. Die stekels is baie moeilik om te verwyder en moet dikwels deur 'n dokter uit gehaal word. Dit kan infeksie veroorsaak as dit nie uitgehaal word nie.



Bloublasie



Jellievis



See kastaiing

Suid-Afrikaners eet graag seekos. **Scombroïed vergiftiging** (ook histamien voedselvergiftiging genoem) word veroorsaak deur die inname van vis wat veranderinge ondergaan het agv verkeerde vries/stoor prosesse. Rou, gekookte, gerookte of geblikte vis kan scombroïed vergiftiging veroorsaak.

- Scombroïed vergiftiging lyk soos 'n akute allergiese reaksie.
- Simptome ontwikkel baie vining.
- Die meeste pasiënte presenter met 'n warm, rooi veluitslag veral in die gesig en op die nek en bors.
- Naarheid en diarree kom dikwels voor.

Meeste gevalle het nie behandeling nodig nie en pasiënte herstel vining.

Scombroïed vergiftiging word dikwels as 'n seekos allergie gediagnoseer. Dit is nie 'n allergiese reaksie nie en pasiënte moet nie verkeerdelik aanbeveel word om nie weer seekos te eet nie.

Kaapse geelstert (*Seriola lalandii*) is verantwoordelik vir die meeste gevalle in ons omgewing

