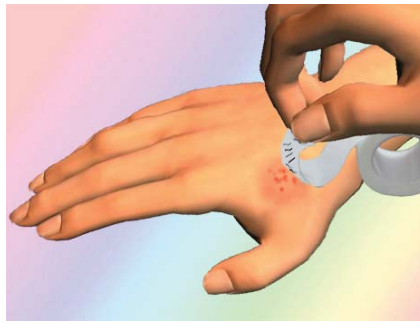


## Bristleworm Sting



**1**

Remove dry stinging bristles with adhesive tape or tweezers



**2**

Apply rubbing alcohol or vinegar



**3**

If there is severe inflammation and a continual burning sensation apply hydrocortisone cream 3 times per day



**4**

Control pain by taking acetaminophen or ibuprofen.



**5**

If signs of infection such as pus, redness, or heat seek medical treatment.



DO NOT scratch the affected area



Make sure to keep vinegar with you when you go to the beach or ocean