



## Safety instructions regarding visits and work at Hyltemossa Scientific Research Station

Hyltemossa Scientific Research Station is a unit within Lund University and belongs to the Centre for Environmental and Climate Research, CEC. It is operated within ICOS Sweden.

Each visitor at the Station is kindly asked to read the following rules in order to make the stay and work on site as safe as possible.

### Liability issues

Each employee and guest is obliged to follow the instructions given, and assist in providing a safe working environment. All employees and visitors should on their own initiative, remedy shortcomings in the work environment; if it can't be done in their own power, they are to call the attention of the immediate supervisor and/or the safety responsible person of the site (coordinator) to the problem. The coordinator is responsible for ensuring that work is carried out in accordance with following rules.

SOS Emergency number for accidents, fire	Call 112
Poisons information	08-33 12 31
Healthcare advice	Call 1177
Police (non-emergency)	114 14

### Contacts for Hyltemossa Station:

Site Principal Investigator	Michal Heliasz	+46 70 742 13 67; michal.heliasz@cec.lu.se
Coordinator/Safety representative on site	Tobias Biermann	+46 70 795 02 39; tobias.biermann@cec.lu.se

### Employees at Lund University with links to Hyltemossa Station:

Work environment manager for the whole of CEC	Henrik Smith, Director, Centre for Environmental and Climate Research, tel. 046 222 9379
Employee to whom work environment duties for Hyltemossa Station have been delegated by the director of CEC	Erik Swietlicki, Department of Nuclear Physics, tel. 46 222 96 80
Safety representatives at CEC	Financial administrator, Åsa-Katrin Erlandsson, Centre for Environmental and Climate Research, tel. 046 222 0181
	Researcher Wilhelm May, Centre for Environmental and Climate Research, tel. 046 222 0120
	Res. Eng. Erling Jirle, Dept. Biology, tel 046-222 4999

<b>General Rules</b>	
Smoking	Due to ongoing Aerosol measurements smoking is prohibited at the Station
Cleaning	Everybody is asked to keep the station clean and tidy. Cleaning utensils are provided.
Waste disposal	Waste is to be sorted and placed in designated bins in the house.  <b>On the last workday of the week:</b> Empty the garbage bins in the house. The big garbage bins are found at the turnoff to the station.
Computers & WiFi	The WiFi network password is Icos2014. There is no "guest computer", everybody is expected to bring their own computer.
Leaving the station/Lock up	Check that all doors/windows of the houses and bars are locked. Turn on the alarm. When driving out lock the gate on the gravel road.  If a guest is the last to leave the station for the day and not expected back soon, the guest will agree with the staff about how to return the key.
<b>Emergencies</b>	
First aid equipment	Available in both station buildings and the station car.
Fire	No smoking or open fire allowed in the houses. Smoke alarms are installed. Everyone is obliged to make themselves aware of the location of the fire extinguishers. In case of a fire call 112 and report. If needed push the fire alarm button on the Alarm panel in the Main house to inform other people on the site. Fight the fire only if it is possible to do so without risk for you.
Risk of infection and poisoning animals	Ticks can cause borelia, infection with TBE virus and several other diseases. Check the skin and remove ticks.  At viper bites, ask to be driven to the nearest hospital or call an ambulance.  Report if stung by a Wasp or Bee. Sensitive individuals should bring medication for allergic reactions. Inform the permeant staff and colleagues of hypersensitivity and give instructions how they can help.
Incidents/accidents	Shall be immediately reported to the coordinator. He is responsible for to immediately report on to Lund University.
<b>Rules for a safe workplace</b>	
Work	Only carry out work that you have received the right training, equipment, instruction and information for.
Measurements	Before installing your equipment consult with the site PI and

	<p>coordinator in order to avoid conflicts with other measurements. Inform the staff on how your measurement work and if needed about inspection, maintenance and potential risk. Equipment and all installations, cables etc. need to be removed once the project is finished.</p>
Procedures when working alone	<p>When working alone, keep a mobile phone at hand. Inform others about your plans and whereabouts. Avoid working alone in hazardous jobs.</p>
Safety and security equipment	<p>Protective equipment should be worn where required, e.g. PPE for mast climbing, Gloves, hearing protection or protective glasses. Bring your own personal safety equipment as we cannot provide it for all visitors. However if you are missing the right equipment, need something in addition or are in general unsure which equipment is needed ask the coordinator.</p>
Tools, machines	<p>Great care should be taken when using sharp tools and machines. Power tools must only be used by those who received training and have the required safety equipment.</p>
Chemicals	<p>Work with chemicals has to be carried out with great precaution and at designated places only. The permanent staff needs to be informed about the used chemicals. Storage of flammable chemicals in the designated cabinets only. Gloves and protective eye wear is required.</p>
Installation on the masts including climbing	<p>Task that involve climbing need to be reported and discussed with the coordinator. The climbing is only permitted with special training and health certificates according to AFS2000: 6. A second person, able to carry out a rescue has to be on the site and a plan for a potential rescue has to be made in advance.</p>
Driving the Station car	<p>The coordinator needs to be informed in advance about a planned use of the station car. Driving is only allowed with a valid driving license. Vehicles used in the service must always be kept in a roadworthy condition therefore report any damage to the coordinator.</p>
<b>Accommodation</b>	
Overnight stay	<p>There are 4 rooms with a total of 10 beds. Sheets, covers will be provided as well as a towel.</p> <p>Note that smoking or open fire is prohibited in the houses and close to the houses. Make yourself aware of escape routes and the location of the fire extinguisher. The escape ladder adjacent to the room must be folded down for the night. The gate at the gravel road needs to be kept open.</p>
Cleaning after overnight stay	<p>You are kindly asked to vacuum clean the room you have used as well as the common areas. Clean the kitchen if you have used it and start the dish washer. Drop the used bed sheets and covers into the washing machine or in the marked IKEA bag next to the heat pump.</p>

# Safety instructions regarding visits and work at Hyltemossa Scientific Research Station– Part II

To be completed by the guest and retained by the coordinator

I have read and understood the rules for a safe workplace

.....  
Name

.....  
Project

.....  
Mobilnr

.....  
E-mail

.....  
Date + Signiture

## Emergency Contact

.....  
Namn + Relation

.....  
Mobilnr

I not am allergic / have an illness that I have informed the coordinator of

I am allergic / have an illness that I have informed the coordinator of

**Comments:**

## Safety instructions regarding visits and work at Hyltemossa Scientific Research Station– Part II – Groups

*As a course/excursion leader you need to read the safety rules for SE-Htm and you need to make sure that all participants have read understood the rules as well. Please fill the upper part of the form and make sure that every participant signs the list below. Return the form to the Staff at the Station. Form will retained at Hyltemossa Research Station*

**I, as a course/excursion leader, have read and understood the safety rules. I have made sure that all participants have read and understood the safety rules as well.**

Institute and Course/Excursion name:

I am allergic / have an illness:

.....  
Name of course leader

.....  
Mobilnr + E-mail

.....  
Emergency Contact

.....  
Date + Signature

**This part has to be filled and signed by the participants:**

Nr	Name	Mobilnumber	Emergency Contact (Name and Phonenumber)	Allergies/Illnesses	I have read and understood the Safety rules (Signiture)
1					
2					
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4					
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6					
7					
8					
9					
10					
11					
12					
13					

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	<b>Name</b>	<b>Mobilnumber</b>	<b>Emergency Contact (Name and Phonenumber)</b>	<b>Allergies/Illnesses</b>	<b>I have read and understood the Safety rules (Signiture)</b>
14					
15					
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## **Encounters with wild animals**

There are elk, deer and wild boar in the woods around Norunda, and sightings of wolves, lynx and even bears are sometimes reported in the area. Below are some tips and advice about how to act if you encounter one of these animals.

**In general, it is advisable not to impose your presence on animals.**

### **Elk**

It is very unusual for elk to behave aggressively and, as long as they are not doing so, they are no danger at all, but you should not try to approach them to pet them. Make the elk aware of your location, sing or speak in a conversational tone, and it will wander away. If you notice the elk starting to approach you, do not stress it unnecessarily but give it a possible escape route, and try to calmly leave the area. An aggressive elk preparing to attack will lower its head, flatten its ears and raise its hackles. If this happens, you should try to get out of the way. If the elk attacks, try to take shelter behind something, such as a tree.

### **Wild boar**

Wild boar prefer to avoid human contact and run in the opposite direction if they notice your approach, so don't creep silently through the woods. If you suddenly appear without warning, the wild boar could behave differently. As wild boar have poor eyesight and navigate using their sense of smell, they want to get closer to find out what you are and whether you are a danger. Unfortunately, they rush forwards and then stand sniffing and grunting to try and catch wind of you. We humans usually perceive this situation as threatening. If you then run away, the wild boar will follow, because it is still trying to understand what you are and whether or not you represent a danger.

Therefore, if you come across a wild boar, you should shout and shoo it away. Then it will leave. If you are unfortunate enough to find yourself between a sow and her piglets, the sow may feign attack but this is usually only a manoeuvre to scare you off.

### **Bear**

If you want to avoid meeting any bears, make regular noises when walking alone in the woods. Sing from time to time, or talk to yourself. Or turn on the radio on your mobile phone. If there are any bears nearby, they will retreat and possibly observe you with curiosity from a safe distance. These animals have an excellent sense of smell and hearing and most encounters with bears are ones that we are not aware of.

If you do come across a bear, don't run away. The bear is significantly faster than you are. Don't try climbing a tree or suchlike either, as bears are better climbers than humans. Try to be as obvious as possible, turning away from the encounter and retreating slowly the way you came. If the bear rises up on its hind legs, it is a good sign. It is standing up to see and get wind of what is going on and to understand what you are. It is not preparing to attack. If the bear follows you, you can drop some of your belongings on the ground. This usually results in the bear stopping at length to sniff the items. If the bear attacks, you should play dead. Lie down on the ground in the foetal position and protect your head and neck with your hands and arms. A bear attack usually ends with the bear going away once it has shown you who's boss.

## **Wolf**

It is very unusual to catch sight of a wolf – even in wolf territory. But if you do meet a wolf and it becomes aware of you, it will usually saunter off in a leisurely manner. If it does not leave and you experience the situation as unpleasant, bear the following in mind:

Walk slowly and loudly away. Sing, talk or shout loudly (no shrill screaming). Do not run, as this can trigger the animal's hunting instincts, as well as increasing the risk of you stumbling which could result in an attack. If the wolf follows you – stop and appear big and dangerous by holding your arms and backpack or suchlike aloft. It is better to take a couple of steps towards the wolf than away from it. If the wolf attacks anyway, do not play dead but hit and kick as hard as you can.

The presence of a dog can encourage wolves to overcome some of their shyness around humans. In certain cases, they may approach to within a few metres of a human. If you meet a wolf when you are out with your dog, the same rules apply as for other wolf encounters.

## **Lynx**

The lynx is not a dangerous animal for humans, and there is no credible documented case of a wild lynx attacking and injuring a human.

If a lynx should follow you, act as recommended for encounters with wolves.



# Lyme disease

From the public healthcare guide 11 April 2016 See <http://www.1177.se/Skane/Fakta-och-rad/Sjukdomar/Borreliainfektion/>

## General information

Lyme disease or Lyme borreliosis is an infectious disease caused by borrelia bacteria. The most common symptom is a characteristic rash. The disease is spread by ticks and is prevalent in large parts of Sweden. You usually do not get infected if you immediately remove the tick. Lyme disease is treated with antibiotics. If you do not get treatment, the infection can spread to the nervous system and the joints. In that case, it can take longer to recover.

There is no vaccine against Lyme disease as yet.

You can try to protect yourself against [tick bites](#) by wearing long trousers, long-sleeved tops and boots when you are out in nature.

## Symptoms

Common signs of infection with Lyme disease are

- tiredness
- headache
- pain in muscles and joints
- a rash which is larger than five centimetres in diameter.

You may not notice that you have been bitten by a tick, but only discover symptoms that could indicate Lyme disease.

### A skin rash larger than five centimetres

The most common symptom is a rash with a diameter of more than five centimetres in the spot where you were bitten by a tick. Around half of those infected get this rash. The skin may also feel numb and itchy. The rash usually comes one to four weeks after you have been bitten.

This characteristic rash, known as erythema migrans, becomes larger over time. It may pale at the centre, which makes the rash gradually become ring-shaped. The rash may also be evenly red, which is more common in women. It may also be oval or irregular in shape.

The rash is not to be confused with the minor redness that you may experience directly after being bitten by a tick. That redness is a reaction to the bite and usually disappears after a few days. It is usually not a sign of infection with Lyme disease.

### You may have several rashes

You may get more than one rash on your body. These are known as multiple erythema migrans. If you do, you usually get a fever at the same time. You may have other kinds of skin reactions, such as weeping sores or rashes with blisters.

### Lyme disease can spread to the joints and nervous system

Lyme disease infection that is left untreated with antibiotics can spread to the joints and the nervous system.

In that case, you may experience symptoms such as

- headache
- fever around 38 degrees
- joint pain in the neck, arms, back and legs
- weight loss
- temporary facial paralysis.

In exceptional cases, the heart and eyes may also be affected.

### **Joints can become inflamed**

Joint and muscle pain are common in cases of Lyme disease. The disease can also cause a form of joint inflammation, known as Lyme arthritis. In that case, one or several joints become swollen. The knee joints often swell up. The swelling lasts between a few days and a couple of weeks. It usually disappears by itself, but can return several times at long intervals. Even once the swelling has subsided, you may have pain in the muscles and joints.

### **The nervous system may be affected**

In fewer than one in ten cases, Lyme disease will affect the nervous system. This is known as neuroborreliosis or Lyme neuroborreliosis (LNB) and is more common in children than in adults.

The symptoms often appear between one and two months after the tick bite. Sometimes it takes up to six months. Usually, you first get the typical rash, but many people get no skin changes before getting the other symptoms. Adults more often get severe pain in their arms, legs or back. In children, the symptoms are less distinct.

Both adults and children may experience temporary paralysis of part of their face.

### **Differences between women and men**

Lyme disease is more common among women than men, above all in older middle age. It is also more common for women to have recurrent bouts of Lyme disease. The reason is probably differences in the ability of the immune systems of women and men to combat the borrelia bacteria.

### **When should I get professional help?**

Usually, you do not need to get professional help if you have been bitten by a tick. Pay attention to whether the skin around the bite area becomes red after a few days or weeks. Also notice whether the rash gradually gets bigger.

Contact a primary healthcare centre if you have a skin change which is larger than five centimetres in diameter at the spot where you were previously bitten by a tick. Remember that you may have been bitten by a tick without noticing it.

If you get a severe headache or symptoms of paralysis, you are to get professional help immediately from a primary healthcare centre or emergency room.

You can get [medical attention](#) at any primary healthcare centre or open specialist clinic in the country. You can also have a regular GP at your primary healthcare centre.

You can always call for advice from the [healthcare advisory service by dialling 1177](#).

### **How borrelia infects you**

You can get Lyme disease if you are [bitten by a tick](#) that is a carrier of borrelia bacteria. Ticks suck the blood of birds, mammals and humans and can thereby become infected with various agents. Then they pass on the infection to the next host from which they suck blood.

If you get infected, usually at least one day passes between the tick attaching itself to you and the borrelia bacteria being transferred to you. Promptly remove ticks to reduce the risk of infection.

### **Lyme disease occurs almost all over Sweden**

Lyme disease is generally prevalent over large parts of the northern hemisphere. The disease occurs in the whole of Sweden, except for the inner parts of Norrland. The risk of infection is highest in coastal areas, in particular in the south-eastern parts of southern and central Sweden. Up to one third of ticks can be carriers of borrelia bacteria. At least 10 000 people get Lyme disease in Sweden every year. The likelihood of getting infected if you are bitten by a tick is less than one in a hundred.

Ticks are active when the temperature is above 4–5 degrees. This usually means a season running from early March to late November. The borrelia-carrying tick shows a clear trend towards spreading northwards in Sweden, probably because of climate factors.

### **How can I protect myself against Lyme disease?**

You can try to avoid getting bitten by ticks, by wearing boots, long trousers, and long-sleeved sweaters in areas where ticks are prevalent. Dark clothes have shown to attract fewer ticks, but the ticks can be easier to spot on light-coloured clothing. Unfortunately, mosquito repellents do not provide reliable protection against tick bites.

You can get infected more than once.

### **You cannot get vaccinated against Lyme disease**

There is no vaccine against Lyme disease, although research is underway in Sweden, among other countries. However, there is a [vaccine against TBE](#), which is also passed on through tick bites.

### **Treatment**

The early form of Lyme disease, which produces the typical skin infection, is treated with penicillin. You will be given the medicine in tablet form. The treatment prevents the disease from spreading in the body. Most patients recover fully after treatment.

### **It can take time to recover from Lyme disease**

If the infection has spread, you will be given a different type of [antibiotics](#), also in tablet form. When the treatment is started late, it can take longer for the body to recover fully. It can sometimes take many months for all the residual symptoms to disappear, despite the borrelia infection itself being cured.

### **Long treatment does not produce any effect**

You do not recover more quickly from getting longer treatment with antibiotics besides the first course. However, long term treatment with antibiotics may cause side-effects.

# TBE

From the public healthcare guide 9 June 2016. See <http://www.1177.se/Skane/Fakta-och-rad/Sjukdomar/TBE/>

TBE (tick-borne encephalitis) is a viral disease spread by ticks which can cause inflammation in the brain or in its surrounding membrane. Most people who get infected have mild symptoms and recover after about a week, but up to one third will suffer from encephalitis or meningitis.

The virus is mainly prevalent in the coastal areas of the counties of Stockholm, Södermanland and Uppsala. However, over the last decade, increasing numbers of people have been infected and the geographical extension of the TBE virus has grown. Around 200 people become ill from TBE every year.

You can protect yourself from the disease by getting [vaccinated](#). The vaccination is given to children from the age of 1 year.

## **The risk of infection is low**

Even in the risk areas, few ticks, around two per cent at most, carry the virus. So the risk of getting infected from a few individual tick bites is slim.

Since the early 2000s, the number of reported cases of TBE has more than doubled. Cases of the disease also occur outside the traditional risk areas. This indicates an increased extension, and to monitor the spread of the disease, the treating physician reports all cases of TBE to the [Public Health Agency of Sweden](#).

## **Symptoms**

It often takes between four and ten days from infection to signs of the disease, but it can take up to a month.

The first signs of infection are vague and general problems such as headache, muscular pain, tiredness and fever. These symptoms only last from a couple of days to a week. By this time, most people have got rid of the infection and have made a full recovery.

However, in around 20–30 per cent of cases, the virus spreads to the brain. New symptoms then usually appear around one week after the first ones have faded. The new symptoms are:

- High fever
- Severe headache
- Vomiting
- Photosensitivity

## **Get professional help**

Contact a public healthcare centre if you get a fever, headache, unusual tiredness or muscle pain some time after a tick bite.

You can always call for [healthcare advice over the phone by dialling 1177](#).

## **Only the symptoms can be treated**

There is currently no way to cure TBE once it has taken hold; the body has to deal with the infection itself. However, you can get treated for the various symptoms that appear. If you get meningitis or encephalitis, you usually, although not always, will need to be treated in hospital. It can take several months to recover. In serious cases of the disease, permanent damage is not unusual.

Once you have had TBE, you are immune to it for the rest of your life.

### **How can I protect myself against TBE?**

You can protect yourself against tick bites, to a certain extent. For example, by

- wearing boots, long trousers and long-sleeved sweaters in areas where ticks are found.
- having dark clothes, as they attract fewer ticks. On the other hand, ticks are easier to spot on light-coloured clothes.

### **Vaccination provides effective protection**

You can get vaccinated against TBE at your basic healthcare centre or at a vaccination clinic. Vaccination is recommended if you are live permanently or have a summer residence in a risk area, or if you often spend time in the woods or in areas with a risk of infection. The TBE vaccination for children can be administered from the age of 1 and generally provides effective protection against the disease in children.

### **Medical tests and examinations**

A blood sample shows whether the body has started to produce antibodies against TBE. If the central nervous system is affected, the patient's spinal fluid will also be tested.

### **Complications and consequences of the disease**

In approximately 20–30 per cent of all those infected, the virus will spread to the brain and the membrane around it. This can affect the central nervous system, disrupting the patient's ability to walk, speak, concentrate and remember. Every tenth patient will get various paralytic symptoms.

TBE sometimes causes death, but the risk is very low in Sweden. In children under the age of seven, the course of the disease is usually milder than that described here.

### **TBE, pregnancy and breast-feeding**

There are no known cases of TBE infection spreading from a mother to a foetus or new-born infant, nor any indications that TBE affects pregnancy or breast-feeding.

All experience indicates that you can be vaccinated against TBE both during pregnancy and while breast-feeding. The vaccination does not constitute a risk for you or for your child.

### **What happens in the body?**

TBE, or tick-borne encephalitis, is caused by a virus spread by ticks. In most infected people, the body's own immune system manages to defeat the virus before it spreads to the brain, so they have no symptoms at all or insignificant ones. Up to one third of all those infected will get symptoms of meningitis or encephalitis.

### **How do you get infected?**

You get infected if you are bitten by a tick that is carrying the virus. Ticks need blood to develop, and they get blood by attaching themselves to birds and mammals. Through blood, the ticks can get infected with various infectious agents and pass them on. The ticks are active when the temperature rises above 4–5 degrees. This usually means a season lasting from early March until late November.

The virus is present in the tick's saliva glands and can rapidly be transferred by a bite. You can therefore get infected with TBE even if you quickly remove the tick.

# Wasp and bee stings

From the healthcare guide 26 September 2016 <http://www.1177.se/Skane/Fakta-och-rad/Sjukdomar/Geting--och-bistick/#>

A wasp or bee sting usually causes an intense and throbbing pain in the area that was stung, shortly followed by local redness and swelling. The area also often stings and itches.

On the first day after the sting, the swelling may increase and the pain may radiate out from the location of the sting. A sting is usually not dangerous, and unless you feel otherwise unwell, you can wait and see if it passes. Only few people get severe [allergic reactions after wasp or bee stings](#).

## Try to remove the stinger

If you have been stung by a bee, the stinger and its attached venom sac may still be in your skin. In that case, you should try to remove them. The stinger can continue to pump venom into your skin for a minute or so after the sting, even if the insect has gone. The best way to remove the sting is to try and scrape it off with a fingernail or a knife, for example. Get someone to help you if possible.

## Use cold to soothe the pain

Cooling the stung area with an ice cube wrapped in a napkin or towel, or with cold water, often helps to soothe the pain.

## Cream, ointment and gel for itching and stinging

To soothe the itching and stinging, you can also bathe the spot with Alsol spirits (aluminium acetotartrate) or apply Alsol gel. You can also apply cooling balm or a local anaesthetic ointment, Xylocain. Another option is cream or ointment containing hydrocortisone. These remedies can be purchased over the counter at the chemist's.

You must consult a doctor before using Xylocain on children under 18 months and hydrocortisone on children under the age of 2.

## Avoid infection

In order to avoid breaking the skin by scratching, which can lead to infection, you can cover the sting with a plaster.

## Multiple stings

The more stings from bees or wasps you get the more venom you are exposed to, which can lead to a stronger reaction. The number of stings that causes this can vary from one person to another. Children, the elderly and people with cardio-pulmonary disease are usually more sensitive.

## Seek treatment

If the swelling and pain at the sting site become strong and increase after a few days, you should seek treatment.

If you are stung in the mouth or get breathing difficulties, you must go directly to a primary healthcare centre or emergency room.

If you are allergic to bee and wasp stings, a single sting may suffice to give you a strong allergic reaction. Signs of a strong allergic reaction are for example feeling sick, breaking out into a cold sweat, feeling dizzy and very pale. Other symptoms are swelling of the face, lips and throat, hives, coughing, palpitations or breathing difficulties. In that case, you must seek treatment immediately at a primary healthcare centre or emergency room.

You can contact your primary healthcare centre if you have previously had a strong reaction to a wasp or bee sting to discuss whether you should have allergy medicines to hand in case it happens again.

You can always call and get [healthcare advice by dialling 1177](#).



# Viper bites

From the healthcare guide 17 March 2016 <http://www.1177.se/Skane/Fakta-och-rad/Sjukdomar/Huggormsbett/>

## Reactions to viper bites vary a lot

Viper bites usually hurt and appear as two small holes or dots on the skin about 6–9 millimetres apart. It is common for the area around the bite to swell up, and the swelling may spread along the part of the body that has been bitten.

Being bitten by a viper can lead to very different reactions. Just under half of those who are bitten get no symptoms at all, which is because no venom has been injected. Some get only insignificant swelling, whereas others can get very ill. How strong the reaction is depends on the amount of venom that has entered the body and the location of the bite. Children, the elderly and pregnant women are particularly sensitive.

## Call the poisons information centre

As it is difficult to know how severely you will react to a viper bite, you are always to call the *Poisons information centre* by dialling 112 or calling 010-456 67 00 for advice when you have been bitten by a viper.

## Go to hospital

All viper bite victims are to go to the nearest hospital with an emergency room for observation.

If your general state of health is affected by nausea, vomiting, stomach pain, diarrhoea, dizziness, cold sweats, palpitations, swollen lips or breathing difficulties, you are to ring 112 for help with emergency transport to hospital.

If you are unaffected, you are still not to drive to the hospital yourself; ask for help in getting there.

## Before you get to the hospital

Keep still and rest, as the venom spreads faster when you exert yourself.

Keep the bitten limb still, and raised if possible.

Take off all tight-fitting items such as shoes, rings and watch as the area around the bite often swells up.

Leave the site of the bite alone. Do not try to suck out the venom, cool or warm the area or tie anything like a belt or suchlike around the bitten body part. This could make the outcome worse.

## Treatment with viper antivenom

There is a viper antivenom that can effectively halt the course of illness if you have reacted strongly to the bite.