



MEDICAL  
ASSOCIATION  
OF ATHENS



DISTRICT  
REGION  
OF ATTIKI



# SEVERE PEDIATRIC accidents by the sea

“ Distinguished parents, dearest children,

Our wish for all of you is to have a pleasant and safe summer.

Nevertheless, don't forget that there are many dangers that can cause an accident. This is the reason why we would like to give you the tools to avoid them.

In order to enjoy the sea, the sun, the beach, the sand, the nature. Please read carefully the following instructions we have prepared for you and follow them faithfully. Accidents should better be prevented.

*I wish you from the bottom of my heart  
a pleasant and safe summer!*”

**GEORGE PATOULIS**

President The Medical Association of Athens  
Director District Region of Attiki

The Editorial Board

Coordinator: **Fotis Patsourakos** Cardiologist & Vice President of the EC of MAA

Members: **Tassos Hatzis** Pediatric Intensivist, Member of the EC of MAA

**Chrysa Koutsaftiki** Pediatric Intensivist

# SEVERE PEDIATRIC ACCIDENTS BY THE SEA

## SUNBURN PREVENTION

- 👉 Body & face sunscreen cream **before** exposure to the sun rays.
- ✗ Sunbathing is **not** recommended for children & adolescents.
- 👉 Hat + sunglasses + shirt **ALWAYS** while remaining on the beach.



### SUNBURN MANAGEMENT - First aid

- 👉 Get the child out of the sun & place him/her in a cool environment
- 👉 Frequent cool baths or showers should be taken to relieve the pain
- 👉 Apply a moisturizer cream to help soothe sunburned skin
- 👉 Encourage them to drink extra cool water to avoid dehydration

### "SUNSTROKE"

- 👉 Place the child in a cool and ventilated area
- 👉 Put a cool tissue on the child's forehead
- 👉 Encourage the child to drink fresh water
- 👉 Offer a light lunch if too hungry
- 👉 Administer paracetamol for fever and / or headache
- 👉 Medical assessment is desirable

## JELLYFISH STINGS

### PREVENTION

- ✗ Avoid swimming wherever jellyfishes are detected
- ✗ Never "berry" them into the sand!

### MANAGEMENT

- 👉 Rinse the affected area with sea water or salty water (not fresh water)
- 👉 For purple jellyfish: Use a solution [1:1] baking soda + salty water
- 👉 Remove spines from the skin using the edge of plastic bank card
- 👉 Put soaked tissues (alcoholic solution or vinegar) on the affected areas. (exception > the purple jellyfish sting)
- 👉 Consider clinical evaluation for the victims

## STING FROM DRAGON FISH

- 👉 Calm the child and reduce pain with medicaments (paracetamol/ibuprofen)
- 👉 Immerse the child's leg/arm in hot water, to neutralize the toxins
- 👉 Consider medical assessment for the victims

## SAFE SWIMMING



- 👉 Wear life jacket all the time.
- ✗ Never dive from rocks.
- ✗ No prolonged underwater swimming.
- ✗ Avoid any dangerous activities.

## DROWNING



### FIRST AID PRECAUTIONS

- 👉 Get immediate help from those present.
- 👉 Ensure easy / safe access for the lifeguard.
- 👉 Take the drowning person out of the water immediately

### FIRST AID MANEUVERS

#### WHAT TO DO:

If the child is conscious, breathing and coughing:

- 👉 Place him in the recovery position
- 👉 Ask someone to call an ambulance
- 👉 The child should always be transferred to a hospital

If the child looks unconscious:

- 👉 You should start CPR immediately. No time for delay!
- 👉 Ask someone else to call an ambulance

#### WHAT NOT TO DO

"Remove water from the lungs"

- ✗ Ineffective: lungs aren't two bags from which you can empty water
- ✗ Dangerous: there is a high risk for gastric vomiting & lung aspiration