



SNAKE BITE



Snake bites are a significant global health issue, with approximately **5.4 million cases** and up to **138,000 deaths annually**. In Pakistan, snake bites are a significant health issue, especially in rural areas. Thousands of cases occur annually, with many fatalities due to limited access to medical care and antivenom. Regions like **Sindh**, **Punjab** and **Balochistan** are particularly affected.

CATEGORIES OF VENOMOUS SNAKES

VIPERS:



Rattlesnakes



Copperheads



Cottonmouths

FEATURES:



Triangular heads



Elliptical pupils



Heat-sensing pits

ELAPIDS:

Cobras



Kraits



Coral snakes

FEATURES:

Fixed Fangs at front



Round pupils

SEA SNAKES:



Found in marine environments

FEATURES:



Flattened tails for swimming



Fixed fangs at rear



TYPES OF SNAKES



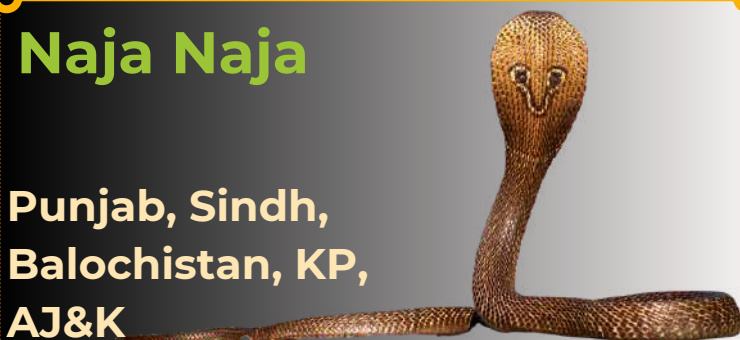
Types of Venomous Snakes in Pakistan

(Daboia Russeli)



Punjab, Sindh,
Balochistan, KP, AJ&K

Naja Naja



Punjab, Sindh,
Balochistan, KP,
AJ&K

Saw-scaled Viper



Punjab, Sindh,
Balochistan, KP

Krait



Punjab, Sindh,
Balochistan, KP

Himalayan Pit Viper



Khyber Pakhtunkhwa,
Gilgit-Baltistan

Sind Krait



Punjab, Sindh

Hump-nosed Pit Viper



Sindh, Punjab,
Balochistan

King Cobra



Sindh, Punjab,
Balochistan

Red-spotted Pit Viper



Gilgit-Baltistan,
Khyber Pakhtunkhwa

Blunt-nosed Viper



Sindh, Balochistan



SNAKE BITE



SNAKE BITE DURING MONSOON SEASON/ FLOODING

During the **Monsoon season**, the risk of **snake bites increases** due to **changes in** snake behaviour and **habitat**. By taking preventive measures and knowing the **correct first aid steps**, individuals and communities can significantly **reduce the risk** and impact of snake bites.

INCREASED RISK DURING MONSOON

WATERLOGGED HABITATS:

Flooded areas drive snakes to higher ground, including homes and gardens.



REDUCED VISIBILITY

Muddy conditions make spotting snakes harder.



HUMAN ACTIVITY

More outdoor work raises snake encounter risks.



RECOGNIZING SNAKE BITES SYMPTOMS:



Puncture marks
from fangs



Swelling and
redness
around the bite



Difficulty in
breathing



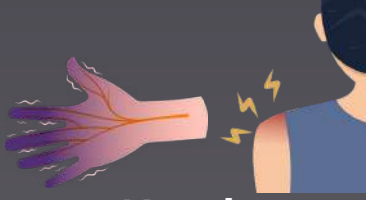
Sweating &
salivating



Nausea &
vomiting



Blurred vision



Numbness or
tingling



Pain &
tenderness



WHAT TO DO AFTER A SNAKE BITE



It takes time for symptoms to appear and the urgency of medical treatment after a snake bite can vary depending on several factors, including type of snake, amount of venom injected, location of the bite, and the victim's age, health and size.

Stay Calm

1

Staying calm can help slow the spread of venom in the body. Take deep breaths to manage panic and anxiety.



Distance from Snake

2

Move away to prevent more bites. If safe, note the snake's appearance or take the picture to help medical professionals



Keep the Bite Area Still and Lowered

3

Try to keep the affected limb as still as possible. Use a splint or any rigid object to immobilize the limb if necessary

Prevent Constriction

4

Remove any tight clothing, rings, or other items near the bite site that could constrict swelling tissues



Gentle Cleaning

5

Gently wash the bite area with soap and water to remove any venom on the skin. Do not scrub or apply alcohol.



Position of the Limb

6

Keep the bitten area at or below heart level to slow the spread of venom.



Call Emergency Services

7

Dial emergency services (1122) or get to the nearest hospital as quickly as possible.





DO'S AND DON'T IN CASE OF SNAKE BITE



DO'S



Stay calm
and reassure the
bitten person



Move slowly
from snake



**Rinse eyes with
water**
if spitting snake
venom



**Leave the
wound**
area alone



**Remove tight
items**
around the
affected areas



**Lay patient on
their side**
limit movement



Rush
to the nearest
health facility for
the treatment

DON'T



Don't Panic
instead follow
these first steps



Don't Attack
the snake in case of
any encounter with
the snake



Don't Rub
rubbing the eyes
causes infection
and spread venom



**Don't wash, cut
or suck**
Don't wash, cut or
suck the wound



**Don't tie the
affected area**
it can cause limb
loss or death



Don't lay back
the patient lying on
back can block
airways



**Don't use
traditional
methods**
methods or any
unsafe treatments



AVIOD SNAKE BITE



HOW TO AVOID SNAKE BITE



Stay on Trails

Stick to well-traveled paths to avoid snakes



Appropriate Attire

Wear long pants, thick socks, and boots in snake-prone areas



Hand Protection

Use gloves when handling bushes or wood piles.



Watch Your Step

Be mindful of where you step and place your hands, especially around logs and rocks



Use of Stick

Use a long stick to check dense underbrush or tall grass



Know Local Species

Know local snakes and their habitats to avoid encounters and react appropriately.



Teach Children

Teach children to snakes and snake bite precautionary measures



Avoid Provoking Snakes

Never handle or provoke a snake. Back away slowly and give it space



Be Cautious at Night

Use a flashlight at night; many snakes are more active then.



Clear Clutter

Remove piles of rocks, wood, and other debris where snakes may hide.



Seal Entry Points

Seal gaps and cracks to prevent snake entry in Camp/ house



Inspect Items

Check firewood and other items before touching, bringing them home, or using them.



Avoid Sleeping on ground

Sleeping on ground increases snake risk Use raised platform



Inspect Warm Places

Be cautious in cooler weather; snakes seek warmth



MYTHS AND FACTS ABOUT SNAKES



MYTHS

All snakes are venomous and deadly

A snake will chase you to bite you.

You should suck out the venom from a snake bite

Applying ice to a snake bite helps

Venomous snake bites always result in death

You can identify a venomous snake by its colour patterns alone

If a snake's head is cut off, it dies immediately

Snakes travel in pairs

Venomous snakes always have fangs

You can tell a venomous snake by the shape of its head

FACTS

Most snakes are harmless and control pests; few are venomous

Snakes bite defensively and prefer retreating

Sucking venom worsens the wound; seek medical help immediately

Applying ice restricts blood flow and worsens tissue damage

Prompt medical treatment and anti-venom make most venomous snake bites non-fatal

Colour isn't always reliable for snake ID

A snake's head can still bite after it being killed

Snakes are generally solitary creatures

Not all snakes with fangs are venomous, some venomous snakes have short, less prominent fangs.

Head shape isn't a reliable indicator of venom; non-venomous snakes can mimic venomous ones.