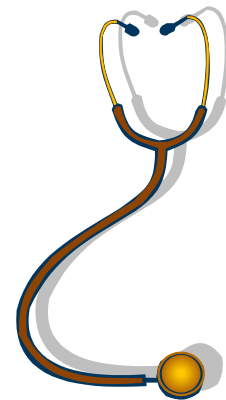


# HealthBeat



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Stung by a jellyfish? It's extremely painful, but in most cases, doesn't require a visit to the emergency room!

The severity of reactions to jellyfish stings depend on a number of factors, including the species and size of the jellyfish, the age and size of the person, the duration of exposure, and the area of skin affected. Common signs and symptoms include:

- Immediate burning pain
- Red, brown or purplish tracks on the skin — essentially a "print" of a tentacle's contact with your skin
- Itching
- Tingling and numbness
- Throbbing pain that may radiate up a leg or arm to the torso



If left untreated the symptoms generally resolve within one to two weeks. Discoloration of the skin may last one to two months.

Severe jellyfish stings can affect multiple body systems (systemic reaction), not just your skin. These reactions may appear rapidly or several hours after a sting. Signs and symptoms of severe jellyfish stings can include:

### When to see a doctor

Although jellyfish stings can be quite painful, most are minor and get better with home treatment.

Seek emergency treatment if:

- Nausea
- Vomiting
- Difficulty breathing
- Headache
- Muscle spasms
- Irregular heartbeat
- Weakness
- Trouble controlling muscle movement
- Sudden loss of heart function
- Dizziness
- Fever
- Loss of consciousness
- Painful joints



Most jellyfish stings can be treated with relatively simple at-home remedies. Appropriate steps include:

- **Remove tentacles.** When you come into contact with a jellyfish tentacle, it may detach from the jellyfish and stick to your skin. Remove any remaining pieces of tentacle by washing the area with seawater. Avoid using fresh water, because it may activate the venomous stingers (nematocysts) that are embedded in your skin but have not yet released venom. Also avoid touching the tentacles with your hands. If necessary, use an object like a credit card to gently brush it off. Rubbing it off with a towel or clothing is likely to cause the discharge of more venom.
- **Deactivate stingers.** Generously rinsing the affected area with vinegar for at least 30 seconds may deactivate the nematocysts of some species — essentially shutting down the nematocysts embedded in the skin that have not yet discharged venom. A deactivating treatment recommended for sea nettles or Portuguese man-of-war is a paste made of baking soda and seawater.
- **Relieve pain or irritation.** There has been some disagreement over whether cold or heat is better for relieving pain. However, recent studies have suggested that soaking the affected area in tolerably hot fresh water for at least 20 minutes — after the vinegar or baking soda treatment — may be more effective in pain relief, because the heat may decrease the potency of the venom. The temperature should be between 104 and 113 F (40 and 45 C). Lotions or ointments, such as calamine lotion or lidocaine, may relieve itching or discomfort.

### Remedies to avoid

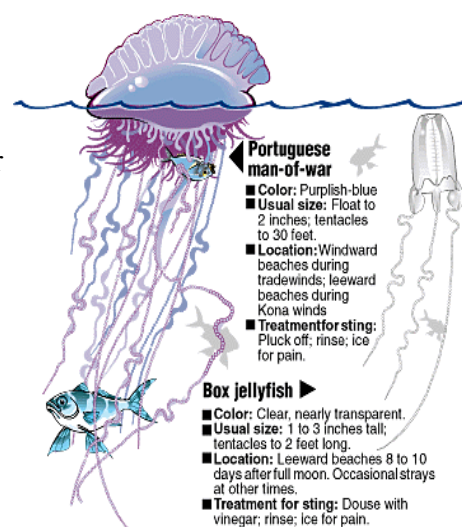
A number of at-home treatments have been proposed, but they're generally not recommended, either because there's no research backing up their use or research indicates they aren't effective. These remedies include:

- Human urine
- Meat tenderizer
- Ethanol
- Pressure bandages

### The following tips can help you avoid jellyfish stings:

- **Wear a protective suit.** When swimming or diving in areas where jellyfish stings are possible, wear a wetsuit or other protective clothing. Diving stores sell protective "skin suits" or "stinger suits" made of thin, high-tech fabric.
- **Get information about conditions.** Talk to lifeguards, local residents or officials with a local health department before swimming or diving in coastal waters, especially in areas where jellyfish are common.
- **Avoid water during jellyfish season.** Stay out of the water when jellyfish numbers are high.
- **Don't dive.** To avoid stings on the face, don't dive into waters that may have jellyfish.
- **Use protective lotions.** There's some clinical evidence that some lotions, such as Safe Sea lotion, may result in fewer stings after exposure to jellyfish tentacles.

If you're stung, leaving the water as calmly as possible, rather than splashing about, may prevent further activation of stingers.



## Moving

Your TRICARE eligibility does not change when you move. But, you need to take certain steps to ensure you transfer your coverage to your new home.



### Key Things to Remember When You Move

- Do not disenroll from any plan before you move so you are covered en route to your new home
- Update the Defense Enrollment Eligibility Reporting System (DEERS) after you move
- If enrolled in a Prime option, you may need transfer your coverage.
- If to another address in the same region, just change your primary care manager
- If to another region; transfer your coverage
- Active duty families: see the "Moving Made Easy" option below

If using TRICARE Standard and Extra or TRICARE Standard Overseas, simply find a new provider. If you change regions, look up your new claims address so you know where to send your claims. If using TRICARE Reserve Select, TRICARE Retired Reserve or TRICARE Young Adult, update your address on your next billing statement and your coverage will be transferred; then find a new provider

### Moving Made Easy for Active Duty Families

Moving is a way of life for active duty families. The "Moving Made Easy" option allows active you to transfer your Prime enrollment option to a new region with a simple phone call before you move, whether stateside or overseas.

Once you know you're moving, call your current (losing) contractor and give them information about your upcoming move. The losing contractor contacts your gaining contractor to begin the enrollment transfer, and your new contractor will contact you within five days of your arrival date to complete the process.

The "Moving Made Easy" enrollment transfer option is only available to active duty families.

Please stop by the local TRICARE office to check out so we can help make your move easier!

### Going Stateside For More Than 60 Days?

Don't forget to enroll in that region's TRICARE. They can assign you a doctor in that area and if you get a bill, you're not calling Okinawa's claims office!

## Defense Enrollment Eligibility Reporting System (DEERS)

You must be registered in DEERS to be eligible for TRICARE. DEERS is a worldwide, computerized database of uniformed services members (sponsors), their family members, and others who are eligible for military benefits, including TRICARE. All sponsors are automatically registered in DEERS. However, the sponsor must register eligible family members. Family members can update personal information such as addresses and phone numbers once they are registered in DEERS

<https://www.dmdc.osd.mil/milconnect/>

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