



It is the season for the Stingray Shuffle

Do you know how to do the Stingray Shuffle? It's not the latest dance craze, but rather a way to avoid getting stung by a stingray. Stingrays are generally peaceful bottom-dwellers, but they will lash out with their barbed tails if stepped on. Stingrays are uncommon in the Mid-Atlantic -- they prefer warmer southern waters. But whenever you're in the water, it's not a bad idea to **slide or shuffle your feet slowly through the sand**. Then rays and other bottom-dwelling creatures know to get out of the way. If you do get stung, remove the barb if doing so won't cause further injury. Apply pressure to stop any bleeding. Clean the wound thoroughly. Treat the pain by **soaking the wound in water as hot as you can stand** without burning -- the heat deactivates the stingray's venom. And always seek medical treatment because the likelihood of infection is high.