

Mango Sap & Allergies

Mango Sap

- When the stem is removed from the fruit, the mango releases a highly caustic sap, this can burn the fruit and your skin.
- Sap may simply cause irritation to skin, however some people have severe reactions to sap.
- You can avoid sap burn by using good picking and de-sapping practices.
- The grower or supervisor will give you instructions on how to pick and how to remove the stem from the fruit (de-sapping).

Avoiding sap burn & preventing mango rash

Avoid sap burn and mango rash by using good picking and de-sapping practices.

- Always hold stem end of fruit away from your body.
- When picking mangoes – wear long pants, long sleeved collared shirt, wide brimmed hat, 30+ sunscreen, closed-in shoes, gloves and sunglasses
- When sorting or packing mangoes – wear gloves, closed-in shoes, a long sleeved shirt and sunscreen.
- If your skin does come into contact with sap, wash with fresh water immediately
- Wash hands thoroughly with soap and water before touching eyes, face and going to the toilet.

First Aid

- Wash the affected area in soap and water, then immediately rinse thoroughly with clean water
- If sap comes into contact with eyes, flush with water for several minutes.
- If you suffer an allergic reaction to mango sap burn, avoid further contact.
- If itching persists consult a doctor or chemist
- Cover with a clean dressing and protect skin from further contact with sap and from the sun (sun burn over sap burn is very painful)

Call for an ambulance (Emergency 000) immediately if you have: ● Swelling of the face ● Breathing difficulties

Mango sap burn is serious
Prevention is better than cure

