



Her signs and symptoms indicate that she was likely envenomated by a black widow spider. Widow bites are often painless with numbness developing at the site within 30-60 minutes followed by involuntary muscle cramps/spasms in the large muscle groups of the abdomen, lower back, and limbs. Additional symptoms may include increased blood pressure, nausea, light sensitivity, restlessness, difficulty breathing, sweating, diarrhea, and seizures.

Many spider bites, including widow bites, produce a small pin-head blister within an hour or so after being bitten. The blister typically ulcerates leaving a small crater that heals over the next week to ten days. Monitor her calf to see if a blister appears; if it does, clean and treat as a high-risk wound. An ulcer or facial swelling combined with droopy eyelids would confirm your diagnosis.

Signs and symptoms tend to resolve within 2-3 days, occasionally sooner, with the most severe pain and cramping within the first 8-12 hours. Only small children, pregnant women, and those with chronic high blood pressure are at significant risk and require an urgent evacuation. Evacuation from a slot canyon would be difficult at best. At present, find a place to make camp and settle in. Make an evacuation plan should it become necessary. OTC pain meds may help as you wait for her body to metabolize the venom.