

# EMERGENCY FIRST AID FOR INSECT STINGS

*Bees, wasps, yellow jackets and hornets have poisonous stings. For the non-allergic person, getting stung can be uncomfortable; for those who are allergic, a sting can be fatal*

## WHEN YOU ARE STUNG

When a bee stings, the stinger pulls out of the bee's body and remains in the victim's flesh. The barb and its attached poison sac can be seen sticking out of the skin.

## WHAT TO DO IF STUNG



- Handle the stinger gently. Best method of removal is to scrape the stinger off with a knife or your thumbnail. (Although pulling out the stinger often has been suggested, this action could risk squeezing the poison sac, thereby, injecting more venom.)
- Be aware of an allergy to insect venom. If serious swelling, abdominal cramps, nausea, breathing difficulty or other severe reactions occur, get to a doctor immediately.
- Keep a first-aid kit handy at all times if you are allergic and be thoroughly familiar with its use. The kit should contain adrenalin ampules for injection as prescribed by a physician.



## HOW TO AVOID STINGS

- Avoid using strong perfumes and colognes when golfing—they attract insects.
- Stay clear of beehives—bees sting to protect them.
- Seek shelter immediately if someone near you has just been stung. Otherwise you and he are likely to be the target of further attacks. Bees deposit a substance on a wound that attracts other bees.
- Avoid making sudden or rapid motions when a bee approaches you. Don't run or move your arms about. Put both hands over your eyes and as much of your face as possible. Peek between your fingers and then slowly move away, putting as many objects—trees or structures—between you and the insect.
- Are you allergic?  
Check with your doctor now!

Information derived from source materials provided by the American Medical Assn.