

Stay Away From Bees

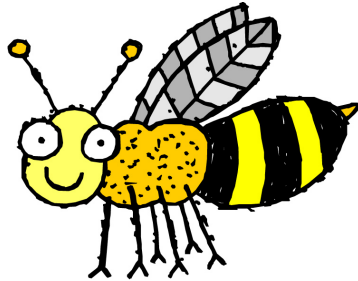
Summer brings outdoor fun and insects. Know how to avoid and treat bee stings.

- | Avoid wearing bright colored clothes like red and yellow.
 - | Do not wave your arms, swat the bee or jump around if you see a bee.
 - | Cover food and drinks.
 - | Use a *straw* in your soda can. Bees get inside cans and sting lips and mouth.
 - | Use unscented sunscreen and no powders or sweet scents.
 - | If a bee is on your food, set your food down and walk away.
 - | Wear shoes. Closed-toe shoes are safer.
 - | Cover trash and stay away from it.
- Never play with a beehive. It may contain up to 50,000 bees.

The honeybee stinger remains in the skin. It must be removed carefully. A tweezer pull may squeeze more venom into the site. Instead, use a fingernail or credit card to scrape the area.

To relieve the pain, swelling, itching and redness apply:

- ✓ Ice or a cold compress,
- ✓ A paste made with meat tenderizer and water or baking soda and water
- ✓ A topical anesthetic such as Lanacane Anti-Itch Crème or
- ✓ Calamine Lotion.



Oral acetaminophen (like Tylenol) can help the pain.

Wasps, yellow jackets, bumble bees and hornets *do not* leave their stinger in the skin after stinging. But, they can sting over and over. *Quickly and calmly* leave the area if you get stung by one of these bees. The reaction will

be similar to the honey bee sting, but it may feel worse. If stung, apply the same first aid treatment for honey bee stings. If the swelling gets worse or the site becomes infected, call your doctor.

Some people are allergic to bee stings. These people have very bad reactions that can be life threatening. Call 911 if you or someone experiences:

- ✓ Swelling involving the face (like a tongue) or any area not next to the sting.
- ✓ Difficulty breathing.
- ✓ Vomiting.
- ✓ Loss of consciousness.

Immediate medical attention is necessary if you have a severe reaction to a bee sting.

Talk to your doctor if you suspect your child may be allergic to bees. Your physician might recommend an Epi-kit (epinephrine injector). Your doctor will explain how to use the Epi-Kit. It can be harmful if not used correctly.

Call the Parent Help Line. We listen. We can find you help.

1-217-544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m., 7 days a week.