



Beautify PA SAFELY

Insect Stings

Disclaimer: This handout provides a general overview of a selected first aid topic. Consult your doctor for personal medical advice, diagnoses, and treatment.

1. Move to a safe area
2. Remove stinger by scraping it out with a blunt edge (ex. credit card) – never squeeze stinger
3. Clean area
4. Apply cold compress
5. Apply calamine lotion or baking soda and water paste to reduce itching
6. Take antihistamine to reduce itching and pain

Seek medical attention for:

- Sting in mouth
- Insect allergy
- Wheezing or difficulty breathing
- Tightness in throat/chest
- Dizziness and confusion
- Nausea and vomiting
- Swelling
- Hives

Remember:

- Food and drink should be kept in vehicles. Bees and other insects are attracted to sweet smells.
- Loud noises and waving arms around can provoke an attack.
- Mosquitoes are attracted to dark clothing.