First Aid for Insect Bites & Bee Stings

Most insect bites and bee stings cause pain, redness, and swelling but are not lifethreatening. Keep the person calm, remove the stinger if present, and follow the steps below. Watch carefully for signs of a severe allergic reaction (anaphylaxis) such as difficulty breathing, swelling of the face or throat, or fainting — treat as an emergency.

♠ Common Causes & Insects

- Bees, wasps, hornets (stings)
- Mosquitoes, midges, and sandflies (bites)
- Ticks (may transmit infections)
- Spiders (some species can cause more severe reactions)
- Ants (including fire ants painful bites/stings)





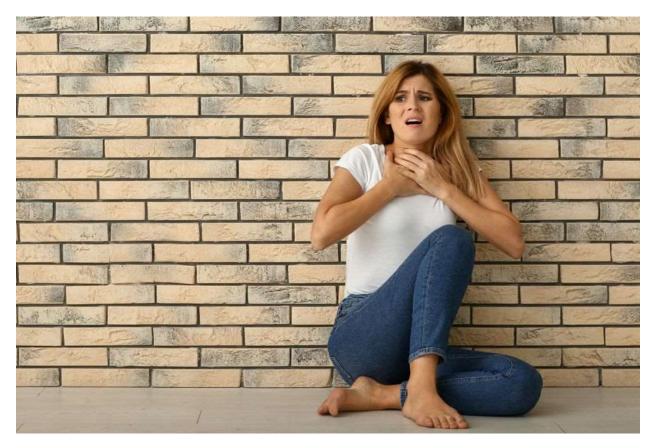
What to Do After a Sting or Bite

- Move to a safe area to avoid more stings (e.g., away from a nest).
- If a bee stinger is visible, remove it quickly by scraping with a flat edge (credit card)
 avoid squeezing.
- Wash the area with soap and water to reduce infection risk.
- Apply a cold compress or ice pack (wrapped) for 10–15 minutes to reduce pain and swelling.
- Give an oral antihistamine for itching if appropriate (and not contraindicated).

X What NOT to Do

- Do not use tweezers to pinch a stinger this can squeeze more venom.
- Do not apply heat cold is preferred to reduce swelling and pain.
- Do not cut into the bite or attempt to suck out venom.
- Avoid giving aspirin to children for bite-related symptoms unless instructed by a doctor.





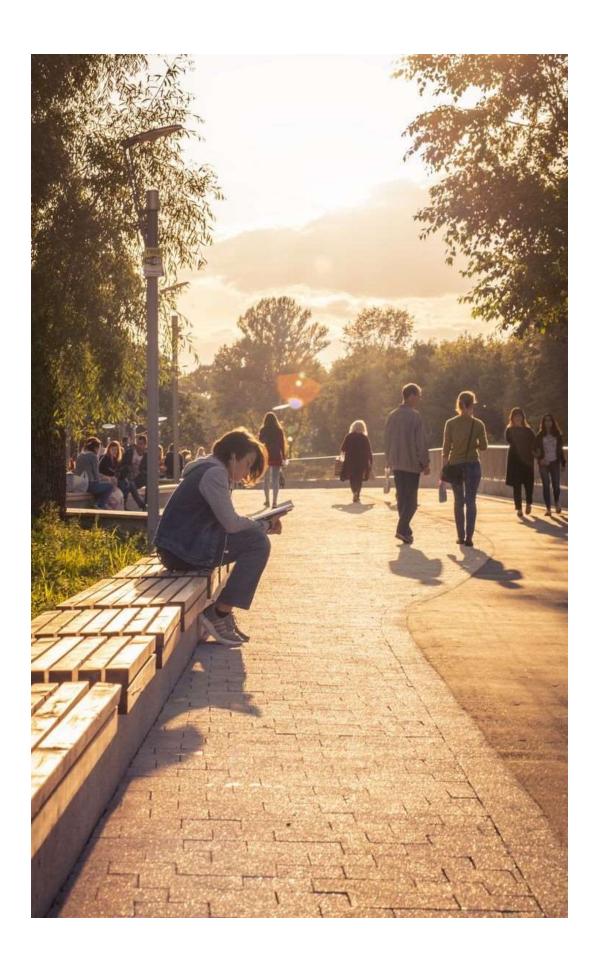
When to Seek Medical Help

- If signs of anaphylaxis appear: difficulty breathing, swelling of face/throat, rapid heartbeat, fainting call emergency services immediately.
- If the sting/bite is on the mouth or throat (risk of swelling and airway obstruction).
- If there are many stings or the person is a child, elderly, or pregnant.
- If redness, warmth, increasing pain or pus develops possible infection.
- If a tick is attached and you cannot remove it fully or if fever, rash, or flu-like symptoms develop later.

Preventing Bites & Stings

Simple precautions can greatly reduce the risk of insect bites and stings. Use protective measures when outdoors and keep living areas free of nests and standing water.

- Wear long sleeves and trousers when in wooded or marshy areas.
- Use insect repellent containing DEET, picaridin, or IR3535 on exposed skin following label instructions.
- Tuck socks into trousers and treat clothing with permethrin where needed (for ticks).
- Avoid wearing bright floral scents or perfumes that attract insects.





M Home & Environmental Tips

- Remove standing water where mosquitoes breed and seal trash bins to deter wasps.
- Keep windows and doors screened and repair holes in screens.
- Call pest control for nests close to living areas (wasps, hornets).
- Check your body and clothing for ticks after outdoor activities.

Ohildren & Special Precautions

- Supervise children near flowering plants and food where bees gather.
- Keep an emergency action plan if a child has a known allergy (epipen available).
- Teach children to remain calm and still if a bee lands on them sudden movements can trigger stings.



Treatment & Medication

Medicines can help reduce itching and swelling after bites and stings; they do not remove venom already injected but can improve comfort.

Nhat May Help

- Oral antihistamines (e.g., cetirizine or loratadine) can reduce itching and allergic symptoms; follow dosing instructions.
- Topical steroid creams (hydrocortisone) for localized itching and inflammation.
- Pain relievers such as paracetamol or ibuprofen for pain relief if appropriate.
- If someone has a known severe allergy, give epinephrine (EpiPen) immediately and call emergency services.