

# Sting Safety

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Above all else, work safely.

## 1 When stung

Whether you're in the field and wearing the minimum PPE (a veil), the maximum PPE (a bee suit), or you're working with honeybees in the wet lab, you run the risk of being stung. Here is how we are to deal with stings.

1. If a sting occurs it is best to remove it quickly. The longer it stays in the worse your reaction will be. Quickly remove the sting when it is safe to do so by flicking it with a hive tool or credit card
2. When it is safe to do so, you can take a Benadryl and/or ice the area to reduce swelling

In most cases, there will be only pain and swelling at the sting site. **You might feel a little rush from the sting.** You might swell beyond the sting site and you might be itchy and inflamed for several days afterwards. In rare cases, a life-threatening allergic reaction can cause difficulty breathing, tongue swelling, nausea, and unconsciousness. This may require emergency medical attention. **Monitor yourself for a few hours after you get stung.** There are EpiPens available at the lab but I strongly encourage you to get a personal one from your Family Doctor (talk to Dr. Harpur about reimbursement).

## 2 What to do in an emergency

If you have been stung (or you notice your work partner has been stung) and see swelling outside the sting area in the tongue, throat, or head; if you're feeling light-headed or nauseous; and/or if you are having difficulty breathing or swallowing **this might be Anaphylaxis.**

1. If you are having an anaphylactic reaction you need to **immediately alert your work partner and the superior** at the field site. Dr. Harpur's Cell is 765 772 8430.
2. If you have cellular service, **call 911** and get an ambulance to the Bee Lab at 2255 IN-26, West Lafayette, IN 47906
3. If you do not have cellular service, your work partner and superior are to **drive** you to the nearest medical facility. From the apiary, that is: Purdue University Student Health Center - 601 Stadium Mall Dr., West Lafayette, IN 47907

Anaphylaxis can be deadly. A person can die from it within 7-30 minutes. It may be necessary to administer to yourself an EpiPen (Epinephrine) injection. Epinephrine should be administered with caution to those who have heart disease, including those with cardiac arrhythmias, coronary artery or organic heart disease, or hypertension. In such people, or in people who are on drugs that may sensitize the heart to arrhythmias, epinephrine may precipitate or aggravate angina pectoris as well as produce ventricular arrhythmias

**To administer your EpiPen:**

1. remove it from its protective case
2. hold it in your hand with the orange tip facing your thigh and the blue end facing upwards (blue to the sky, orange to the thigh)
3. drive the orange tip into your thigh muscle. This can be done through clothing