






What's Buzzing?

How to Identify Insect Sting Allergy

Everyone reacts to insect stings, but when is it a severe allergy? Here's what you need to know.

Most Common Stinging Insects & Where They Live

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|  <p>HONEYBEES</p> <p>beehives</p> |  <p>WASPS AND HORNETS</p> <p>bushes, trees and on buildings</p> |  <p>YELLOW JACKETS</p> <p>ground, dirt mounds, old logs and walls</p> |  <p>FIRE ANTS</p> <p>large mounds in open areas</p> |  <p>HARVESTER ANTS</p> <p>soil, moist areas, under wood, rocks, bricks</p> |
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Don't approach or disturb the insect nests.

Types of Reactions to Insect Stings

SMALL LOCAL REACTION

- Discomfort
- Pain
- Redness
- Swelling < 2 inches



Treatment for small local reactions:
Pain medicine, cold compress and ice.

LARGE LOCAL REACTION

- Exaggerated redness and swelling
- Gradually enlarges over 2 days
- Swelling is about 5 inches
- Swelling peaks at 48 hours



Treatment for large local reactions:
Pain medicine, cold compresses and elevation of sting if on extremity, antihistamines for itchiness.

SEVERE REACTION (systemic allergic reaction)

- Swelling in face, throat or tongue
- Difficulty breathing
- Dizziness
- Stomach cramps
- Nausea or diarrhea
- Itchiness or hives in large areas



Treatment for severe or systemic reactions:
Use injectable epinephrine if available. Take antihistamine and **call 911** or go to the emergency department.

What Attracts Stinging Insects, and How to Reduce Your Chance of Getting Stung



Severe allergic reactions to an insect sting can be life-threatening. **Call 911** if you experience a severe allergic reaction to an insect sting. Ask your doctor if allergy shots can reduce your risk of recurrent severe reactions.