Mat'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

HONEYBEES



beehives

WASPS



bushes, trees and on buildings **YELLOW JACKETS**



ground, dirt mounds, old logs and walls

FIRE ANTS



large mounds in open areas



soil, moist areas, under wood, rocks, bricks

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

Wear white or

DARK CLOTHING

light-colored clothing. Wear long pants and gloves when outdoors. insect

Use

repellents.

cologne, hair oil, hair spray and lotions. not bare feet

DEODORANT

Use unscented deodorant.

SWEAT

Rinse off perspiration.

Avoid the use of strong

FRAGRANCES

smelling perfume, Wear shoes,

FOOD

Cover food and drinks at outdoor events as much as possible.

or sandals. GARBAGE

Cover outside garbage.

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.

Severe allergic reactions to an insect sting can be life-threatening.



