



*For Maintenance
and Custodians*

Avoid the Sting

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Spring is in the air, and soon that air could be abuzz with swarms of biting, stinging insects.

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Reducing the Risk of Being Stung

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- Wear light-colored, smooth-finished clothing.
- Avoid perfumed soaps, shampoos, deodorants. Don't wear cologne or perfume.
- Wear clean clothing and bathe daily. Sweat angers bees.
- Cover the body as much as possible with clothing.
- Avoid flowering plants whenever possible.
- Check for new nests during the warmer hours of the day during July, August and September. Bees are very active then.
- Keep areas clean. Social wasps thrive in places where humans discard food, so clean up food regularly in outdoor eating areas.
- If a single stinging insect is flying around, remain still or lie face down on the ground. The face is the most likely place for a bee or wasp to sting. Swinging or swatting at an insect may cause it to sting.
- If you are attacked by several stinging insects at the same time, run to get away from them. Bees release a chemical when they sting. This alerts other bees to the intruder. More bees often follow. Go indoors or jump into water. Outdoors, a shaded area is better than an open area to get away from the insects.
- If a bee comes inside your vehicle, stop the car slowly, and open all the windows.

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What to Do if a Person is Stung

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- Have someone stay with the victim to be sure that they do not have an allergic reaction.
- Wash the site with soap and water.
- The stinger can be removed using a four x four inch gauze wiped over the area or by scraping a fingernail over the area. Never squeeze the stinger or use tweezers. It will cause more venom to go into the skin and injure the muscle.
- Apply ice to reduce the swelling.
- Do not scratch the sting. This will cause the site to swell and itch more, and increase the chance of infection.

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Reactions to Bee Stings

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Allergic reactions to bee stings can be deadly. People with known allergies to insect stings should always carry an insect sting allergy kit and wear a medical ID bracelet or necklace stating their allergy. See a physician about getting either of these.

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There are several signs of an allergic reaction to bee stings. Look for swelling that moves to other parts of the body, especially the face or neck. Check for difficulty in breathing, wheezing, dizziness or a drop in blood pressure. Get the person immediate medical care if any of these signs are present.