Bee Stings

What is a bee sting?
Bee, yellow jacket, and wasp stings typically cause a localized reaction of swelling, redness, itching, and pain. The local reaction may last up to a few days. Children tend to have increased redness and swelling. Some people may have severe allergic reactions, anaphylactic shock, affecting the whole body. Symptoms of shock include hives all over the body, shortness of breath, tightness in the throat or chest, dizziness, wheezing, or swelling of the tongue or face. These symptoms require immediate medical attention.

Prevention of Bee Stings
- Wear white or light colored solid fabrics. Bees are attracted to dark colors and flowered prints.
- Avoid wearing perfumes and colognes
- Wear gloves and tuck pants into socks when working in yards, woodpiles, etc.

Helpful Hints
- Remove a bee stinger by scraping with the side of a credit card or flicking it out. (do not squeeze the stinger, you may release more venom into the skin)
- Apply a cold pack or ice cube to the sting.
- To help relieve pain and decrease the reaction, apply a paste of baking soda or unseasoned meat tenderizer mixed with water.
- Take an oral antihistamine (Benadryl or Chlor-Trimeton) to relieve pain, swelling, or itching. Calamine lotion or hydrocortisone cream also may help reduce itching.