

# Bee Sting First Aid

## 1 Get away

Bees that feel threatened release a chemical signal to other bees. **Get away to avoid more stings!**

## 2 Remove the stinger

Scrape the stinger away with a fingernail or credit card. **Do not pinch the stinger with your fingers or tweezers!** You may force more venom into the sting.



## 3 Wash and treat

- Clean with soap and water.
- Use ice to reduce swelling.
- Use antihistamine creams and pills (such as Benadryl) to minimize the reaction.
- Treat pain with over-the-counter pain-killers.

## Call 911 if

- the person stung has a bee sting allergy. Patients with known allergies may carry an EpiPen.
- allergy symptoms, such as extreme swelling, difficulty breathing, hives, or nausea appear.
- more than 10 stings have occurred.
- a sting has occurred within the mouth, nose, or throat.

