

WHAT TO DO WHEN YOU GET STUNG BY A BEE!



1. Stay calm!
2. Remove the stinger. There is no special way to do this, it just needs to come out. Most of the venom is injected immediately after the sting.
3. Wash the sting with soap and water.
4. There will be some pain and itching. You can apply a cool compress to ease the pain, or a topical cream to ease the itch. It should resolve in a few hours.



DANGER SIGNS TO LOOK OUT FOR:

1. Swelling of the lips or tongue.
2. Hoarse voice or wheeze.
3. Diarrhoea or abdominal pain.
4. Feeling faint.



If you have any danger signs listed above, go to the emergency room for treatment.

IF YOU ARE KNOWN TO BE ALLERGIC TO BEES:

1. Make your way to the nearest hospital ASAP.
2. Keep your emergency EPIPEN auto-injector close by and wear a medic-alert bracelet.

