

# INSECT STING

Bee, Wasp, Hornet & Fire Ant Sting Response • Quick Reference



### CALL 911 FOR ANAPHYLAXIS:

- Difficulty breathing
- Throat tightness/swelling
- Widespread hives
- Dizziness/fainting
- Swelling of face/lips/tongue



### IF EPIPEN USED:

- CALL 911 & GO TO ER (symptoms can return)

LOCAL REACTION (Common)	SYSTEMIC/ALLERGIC (Emergency)
<ul style="list-style-type: none"><li>• Pain, redness, swelling at sting site</li><li>• Itching around sting</li><li>• Small hive at sting location</li><li>• Swelling up to 4 inches across</li><li>• Symptoms peak in 24-48 hours</li><li>• Resolves within days</li></ul>	<ul style="list-style-type: none"><li>• Hives or rash AWAY from sting site</li><li>• Swelling of face, lips, throat, tongue</li><li>• Difficulty breathing or wheezing</li><li>• Dizziness or rapid pulse</li><li>• Nausea, vomiting, diarrhea</li><li>• Feeling of impending doom</li></ul>

#### 1. REMOVE STINGER

If visible, scrape sideways with flat edge (credit card, fingernail). Don't squeeze or use tweezers.

#### 2. CLEAN THE AREA

Wash sting site with soap and water to prevent infection.

#### 3. APPLY ICE

Ice for 10-20 minutes to reduce swelling and pain. Use barrier between ice and skin.

#### 4. OTC MEDICATIONS

Antihistamine for itching: Benadryl (may cause drowsiness), Claritin, or Zyrtec (less drowsiness). Hydrocortisone cream for local swelling. Acetaminophen for pain.

#### 5. MONITOR FOR REACTION

Watch for signs of allergic reaction for at least 30 minutes. Symptoms can be delayed.

#### 6 CALL OPTICARE

Contact for evaluation and guidance.

#### ✓ DO

- ✓ Remove stinger quickly by scraping sideways
- ✓ Apply ice to reduce swelling and pain
- ✓ Take antihistamine for itching
- ✓ Monitor for allergic reaction for 30+ minutes

#### ✗ DON'T

- ✗ Squeeze stinger or use tweezers (injects more venom)
- ✗ Scratch the sting site (increases infection risk)
- ✗ Ignore symptoms away from the sting site
- ✗ Leave someone alone who has history of severe reactions



**EMPLOYEES WITH KNOWN SEVERE ALLERGY should carry prescribed epinephrine and notify supervisor of location. Any systemic symptoms = CALL 911**

Large local reactions (swelling >4 inches) are uncomfortable but not dangerous. Call OptiCare for guidance.

Questions?  
Call OptiCare Connect

225-644-6702

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