

Insect Stings Treatment:

*avoid wearing brightly colored clothes, scented lotions, perfumes, and hairsprays to prevent stings

Non-medicated:

- If a stinger is present remove ASAP, using a credit card
 - within 2 to 3min is best(it takes this long for venom to release)
- Try not to squeeze or rub the stinger this releases more venom
- Apply ice pack or cold compress to site in 10-min intervals to slow venom release (also helps with swelling, itching and pain)
- Avoid scratching the area

Non-allergic Stings Treatment:

- After stinger removed apply antiseptic to area (hydrogen peroxide or alcohol)
- Apply 3 to 4 times daily for up to 7 days
- Don't use on kids less than 2 yrs old
- Local anesthetics: **Lanacane Aerosol spray, Solarcaine medicated spray, Itch-x gel/pump spray**
- Topical antihistamines: **Dermarest Gel, Benadryl cream** (diphenhydramine)- don't use more than 7 days
- Counterirritants: **Sarna Lotion, Sting-Kill** (camphor, menthol)
- Corticosteroids: **Cortaid, Cortizone** (Hydrocortisone)
- Oral options: antihistamines-itch relief; ibuprofen & acetaminophen-pain



Other:

- Meat tenderizer: "breaks down" venom
- Ammonia, baking soda: "neutralizes" venom

What can an allergic reaction to a sting look like?

- Hives, itching, swelling, and burning sensation of the skin
- Fall in BP, light-headedness or loss of consciousness
- Hoarseness and choking sensation
- Chest tightness, dyspnea, wheezing
- Nausea, vomiting, abdominal cramps and diarrhea
- ★ *Seek medical attention if hives, excessive swelling, dizziness, vomiting or difficulty breathing occur*
- Antihistamines alone are **not** sufficient for life-threatening anaphylactic reactions
- An EpiPen injection is needed and available by prescription only

