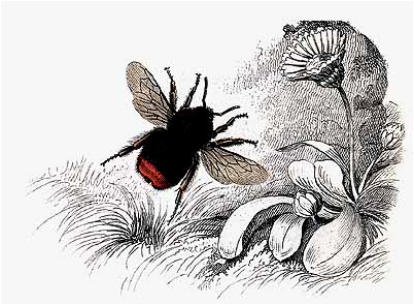
PROTECT YOURSELF FROM BEE, WASP AND YELLOW JACKET STINGS

The warmer weather brings us outdoors and also brings some unwanted "guests". Here are some helpful hints to prevent stings by bees, wasps or yellow jackets.

Stings



For most of us being stung by a bee, wasp or yellow jacket is unpleasant. Sometimes a bee, wasp or yellow-jacket sting can be much more hazardous.

Here are some ways to prevent being stung:

- Wear light-colored clothing.
- Do not wear perfume or use scented soaps.
- Keep lids on foods, drinks and trash.

If you get stung –

- Scrape the stinger with a side-to-side motion. To do this use your fingernail or blunt object like a credit card. After the stinger is removed, wash the area with soap and water. Do that several times a day until the skin heals.
- Apply a cold compress to help relieve the pain. Make a paste of baking soda and water. Apply for 15-20 minutes. This can also help with the pain. Taking an over-the-counter pain medication can also help.

Seek medical help if:

- You are stung on the nose or mouth.
- You have a large area of swelling, abnormal breathing, tightness in your throat or chest, experience dizziness, faint or develop hives.

If you have a known allergy to stings, talk to your primary care provider about an Epi-pen®.

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