

## **HOW TO REDUCE YOUR RISK OF INJURY FROM STINGING INSECTS**

Don't swat at a wasp or bee.  
If it lands, gently blow it off your skin or clothing

Don't walk barefooted in lawns,  
especially those with flowering clover



Remember that dark or brightly colored clothing attracts insects

Don't wear perfume or use floral/sweet-scented shampoos  
or hair products if you are going to be outdoors

Be extra cautious in areas where grass and weeds are  
infrequently mowed as they are most apt to be nest sites

## **WHAT TO DO IF SOMEONE IS STUNG**

Help them to a safer area but consider your own chance of being stung

Remove the stinger if necessary (common with bee sting, not wasps),  
by scraping out or pulling out with tweezers

When possible, apply a baking soda paste to the injury site

Watch carefully for any signs of allergic reaction: swelling,  
increased heart rate, difficulty breathing. Call an ambulance!  
Anaphylactic shock can be deadly within 15-30 minutes

Help the person take antihistamines or administer an epi-pen

Know your school's policy *before* any incident

Raise the feet of the victim and cover them with a blanket if  
they experience signs of shock. Do not make them walk