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## **INSECT BITES AND STINGS**

### **Common sense precautions**

- Avoid known / visible beehives or hornets nests
- Avoid brightly colored clothes, which can attract stinging insects.
- Keep outdoor food and drinks covered when not being used.
- Keep garbage cans covered tightly.
- Do not walk barefoot. Wear shoes ideally, and not sandals.
- Spray nests or hives after dark, when insects are less active.
- Avoid wearing perfume outdoors in the summertime.

Stinging or biting insects place venom under the skin, which often causes a local reaction that consists of redness, swelling, itching, or pain around the skin at the site of the bite or sting. More serious reactions can occur, and can involve difficulty breathing, facial swelling, difficulty swallowing, or blood pressure problems.

### **If your child gets stung:**

- Scrape or brush away the stinger with a sharp edge, such as a credit card. Do not squeeze or pinch the stinger. You can also remove the stinger with tweezers.
- If your child has a known allergy to stings, use the Epi-Pen as prescribed by your doctor, and then promptly call 911 or go to the nearest emergency department.
- Make sure you are comfortable using it and have several available.
- If your child has a known allergy, consider an appropriate medical alert ID.
- For serious allergic reactions (including vomiting, difficulty breathing, facial swelling, chest tightness, abdominal pains) call 911 or go immediately to the nearest emergency department.
- Benadryl for itching, if instructed by your doctor.

### **Call our office if:**

Your child develops a fever.

There is an increase in redness, pain, or swelling after 24 hours, or there is drainage, pus, or a foul odor from the site.

**For any urgent or emergent medical concerns, please call 911 or go immediately to the nearest emergency department.**