TAKE THE STING OUT OF OUTDOOR ACTIVITIES

Here’s how to protect yourself from WASP, HORNET, YELLOW JACKET and BEE STINGS

For most people, insect stings cause temporary redness and pain. But for others, they can trigger a life-threatening emergency.

PREVENTION:

• When going outside, wear light-colored clothing and cover as much of your body as possible
• Avoid perfume, cologne or scented soaps
• Apply insect repellant
• Be aware that most insects are active at dawn and dusk, while hornets are active all day

IF YOU’RE STUNG by a wasp, hornet, yellow jacket or bee:

• Clean the area around the sting with soap and water and apply ice or a cold pack
• If the stinger is still in the wound, remove it; do not squeeze the area or the stinger will release more venom
• Seek medical attention if a rash appears or if you experience chills, joint pain or other flu-like symptoms
• Call 9-1-1 if you have an allergic reaction or experience anaphylaxis, a condition which can cause the throat and tongue to swell, resulting in difficulty breathing

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