

# VitaMin

Vital health information in a minute



## TAKE THE STING OUT OF SUMMER

It's time for outdoor adventures – maybe a nature hike, a dip in the pool or a relaxing backyard barbecue. Being prepared with some first aid basics can help you handle just about anything that comes your way.

### Bee stings

If you're stung by a bee or wasp:

- Remove the stinger immediately by scraping or brushing it off with a firm edge, such as a credit card.
- Wash the area with soap and water and apply a cold compress.
- Soothe itching with an oral antihistamine or calamine lotion.
- Be alert for signs of allergic reaction, such as difficulty breathing, dizziness or swelling of the lips, throat or face. Seek medical help immediately if someone appears to be having a severe or allergic reaction to a bee sting. Use an epinephrine auto-injector (if available) and call 911 right away.<sup>1</sup>

### Mosquito bites

Most mosquito bites do little more than cause itching, redness and general discomfort. For pesky bites, apply calamine lotion, hydrocortisone cream or antihistamine. See a health care provider if you experience severe symptoms, such as fever, headache, body aches and signs of infection.<sup>2</sup>

### Sources:

1. WebMD. "Treatment of Bee and Wasp Stings." <https://www.webmd.com/first-aid/bee-and-wasp-stings-treatment#1> (last reviewed/updated May 15, 2018).
2. Mayo Clinic. "Mosquito bites." <https://www.mayoclinic.org/diseases-conditions/mosquito-bites/symptoms-causes/syc-20375310> (last reviewed/updated July 27, 2018).
3. Mayo Clinic. "Tick bites: First aid." <https://www.mayoclinic.org/first-aid/first-aid-tick-bites/basics/art-20056671> (last reviewed/updated December 14, 2018).
4. Centers for Disease Control and Prevention. "Poisonous Plants." <https://www.cdc.gov/niosh/topics/plants/symptoms.html> (last reviewed/updated June 1, 2018).

This is general health information and not medical advice or services. Always consult with your doctor for appropriate examinations, treatment, testing, and health care recommendations.

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