

BEE & WASP STING ALLERGIES



KNOWING HOW TO RESPOND TO A BEE OR WASP STING ALLERGY CAN BE LIFESAVING

How to avoid being stung

1

FOOD: When outside, keep food covered, look at what you're eating and drinking before you take a bite or a sip, and avoid open rubbish bins.



2

CLOTHING: Avoid bright colours, keep your arms and legs covered, and avoid walking barefoot or in sandals outdoors.



3

REACTION: If a bee or wasp is near you, don't swat it. Move away slowly and calmly. If it lands on you, don't panic. Be patient and wait for it to fly away.



4

NEST: If you find a nest of wasps/bees in your house or garden, do not attempt to move it. Call the local authority or Bee Keeping Association for advice.



What to look out for?

A

Airways: Swelling in the throat, tongue or upper airways (tightening of the throat, hoarse voice, difficulty swallowing).

Breathing: Sudden onset wheezing, breathing difficulty, noisy breathing.

B

C

Circulation: Dizziness, feeling faint, sudden sleepiness, tiredness, confusion, pale clammy skin, loss of consciousness.

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What to do in an emergency?

Anaphylaxis requires an urgent injection of **adrenaline**. If you are at risk of anaphylaxis you should be prescribed **two adrenaline auto-injectors (AAIs)**.

1

Stay where you are. **Lie down with your legs raised.**

2

Use an **adrenaline auto-injector** without delay.

3

Call **999** & ask for an ambulance. Say its an **emergency** case of **anaphylaxis**.

4

Use your **second AAI** after **5 mins** if you get **worse** or **do not improve**.

5

When waiting for an ambulance, **stay where you are**, do **not** stand or sit up.

Is there treatment available?

If you have a bee or wasp venom allergy, you may be eligible for **venom immunotherapy (VIT)** Ask your **GP!**

Scan for more info

