



# What to do after getting a Bee Sting

For most people a bee sting causes pain, swelling, itching, redness and tenderness which may last a few hours or days.

Remove the sting immediately with your nail. Treat with an antihistamine cream and a cold compress.

Take an anti-histamine tablet

## Sting Prevention

**Before working with bees do not:**

- Use perfumes, hair-sprays, deodorant, or after shave.
- Eat bananas
- Work with horses
- Wear navy clothing
- Work slowly and gently

## Severe Reaction

**A portion of people will get a severe reaction to a bee sting.**

### Symptoms

- ♦ **Tingling Sensation**
- ♦ **Dizziness**
- ♦ **Generalised itching and hives remote from the sting area.**
- ♦ **Swelling of the lips and tongue.**
- ♦ **Wheezing and difficulty breathing.**
- ♦ **Collapse and loss of consciousness.**

### Treatment

- ♦ **Remove the sting**
- ♦ **Seek Medical advice or call 112 for an Ambulance immediately.**

It is not in the bees interest to sting you as she will die in the process. She is only guarding her hive or her honey