



# What to Do If You Get Stung by a Bee



A guide from Allergy & Asthma Associates S.C.



According to Childrenshospital.org, about 2 million people in the United States are allergic to bee stings.

...Or 1 out of every 20 people



**Every year, 50 people die from anaphylaxis, a life-threatening allergic reaction which inhibits breathing.**

	Symptoms	Remedies
Local Allergic Reaction	<ul style="list-style-type: none"> <li>• Pain from sting or bite venom</li> <li>• Localized swelling</li> <li>• Redness and itchiness</li> </ul>	<ul style="list-style-type: none"> <li>• Apply ice to site of bite or sting</li> <li>• Take an antihistamine like Benadryl</li> </ul>
Systemic Allergic Reaction	<ul style="list-style-type: none"> <li>• Trouble breathing</li> <li>• Difficulty swallowing</li> <li>• Rapid Pulse</li> <li>• Extreme swelling/hives</li> <li>• Dizziness/Lightheadedness</li> </ul>	<ul style="list-style-type: none"> <li>• Administer first-aid with an Epi-Pen</li> <li>• Get to the nearest Emergency Room</li> <li>• Doctors will administer epinephrine</li> <li>• May require additional medical care</li> </ul>

## After Your Allergic Reaction:

1. See an allergist
2. Get an EpiPen
3. Tell friends/family about your allergy
4. Consider highly-effective allergy shots

