

# Insect Sting Allergies Picture This





## What's Buzzing?

### How to Identify Insect Sting Allergy

Everyone reacts to insect stings, but when is it a severe allergy? Here's what you need to know.

#### Most Common Stinging Insects & Where They Live

HONEYBEES	WASPS AND HORNETS	YELLOW JACKETS	FIRE ANTS	HARVESTER ANTS
				
beehives	bushes, trees and on buildings	ground, dirt mounds, old logs and walls	large mounds in open areas	soil, moist areas, under wood, rocks, bricks

Don't approach or disturb the insect nests.

#### Types of Reactions to Insect Stings

##### SMALL LOCAL REACTION


- Discomfort
- Pain
- Redness
- Swelling < 2 inches



**Treatment for small local reactions:** Pain medicine, cold compress and ice.

##### LARGE LOCAL REACTION


- Exaggerated redness and swelling
- Gradually enlarges over 2 days
- Swelling is about 5 inches
- Swelling peaks at 48 hours



**Treatment for large local reactions:** Pain medicine, cold compresses and elevation of sting if on extremity, antihistamines for itchiness.

##### SEVERE REACTION (systemic allergic reactions)

- Swelling in face, throat or tongue
- Difficulty breathing
- Dizziness
- Stomach cramps
- Nausea or diarrhea
- Itchiness or hives in large areas



**Treatment for severe or systemic reactions:** Take antihistamine and **call 911** or go to the emergency department.

Source: *Nationaljewish.org*