



CINCINNATI HEALTH DEPARTMENT
SCHOOL HEALTH PROGRAM

INSECT BITE/STING INSTRUCTION SHEET

Most people are not allergic to insect bites or bee stings and should be able to recognize the difference between a normal and an allergic reaction. The reaction varies from person to person but a normal reaction usually involves pain, swelling, or redness at the sting site. Itching is common 1-2 days after an insect bite or sting. If itching is severe, ask your pharmacist about over-the-counter medication.

Should any problems develop, such as hives or severe swelling or any signs of infection (swelling, redness, pus), call your doctor for further medical evaluation. **If your child should have any signs of breathing problems or allergic reaction** (chest tightness, coughing, throat tickle, wheezing, short of breath, dizziness/fainting, nausea/vomiting, sweating/anxiety), **get medical attention immediately.**

If you have any questions or concerns, please call the your child's doctor.

Treatment for Stings:

- Calm child
- Remove stinger by gently scraping across the skin with a blunt object such as a dull knife or credit card. **Do not pull out stinger!**
- Wash bite area with soap and water.
- Apply ice in a cloth for 30-60 minutes. Be sure to take off after 10 minutes and apply again after waiting 10 minutes. 10 minutes "on" and 10 minutes "off."

If child complains of itching at site:

- Apply baking soda or non-seasoned meat tenderizer mixed with water to form paste. Or you can apply a wet tea bag. Leave on for 20 minutes.
- You can use over-the-counter medicine for insect bites or you can apply calamine lotion, cortisone cream, or an antihistamine. Ask your doctor or pharmacist.
- Observe your child closely for an hour to make sure there is no allergic reaction.

Prevention of insect stings or bites:

- Have your child avoid perfumes, hairspray or any scented products if your child is playing outside.
- Avoid bright colored clothing.
- Do not let your child play outside barefoot.
- Have nests removed professionally.
- Teach your child to remain calm and walk slowly if near an insect. Do not swat at insect.

If your child is allergic to stings:

- Get a bee sting kit, an EpiPen®, or Twinject™ for your child to carry at all times. The school also needs one. Complete a medication administration form for school.
- Have your child wear a medical alert bracelet or necklace.
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When to call the doctor or 911:

- Stings in the mouth, nose, or throat can be very dangerous and are a medical emergency.
- Call 911 if your child has difficulty breathing or chest tightness, or is showing any signs of a systemic allergic (generalized) reaction including: hives, itching, or swelling in area other than sting site; hoarse voice or tongue swelling; dizziness or drop in blood pressure; or a loss of consciousness.