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What to do After a Bee Sting



WHAT TO DO AFTER A BEE STING 3 SIMPLE STEPS

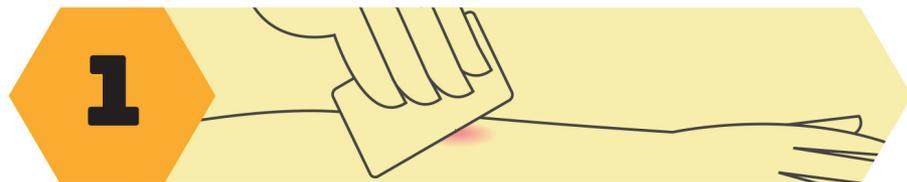
For the majority of people, a bee or wasp sting causes pain, swelling, tenderness and redness near the sting.

Treat these symptoms at home

**GO TO THE ER
IMMEDIATELY**

IF

by following these 3 steps



1

REMOVE THE STINGER WITH A DULL-EDGED OBJECT

Use a blunt object, such as a credit card or butter knife, to gently scrape across the affected area.



Do not use tweezers, they could squeeze the stinger's venom sack and make symptoms worse.



2

APPLY A COOL COMPRESS

Apply a cool compress, such as an ice pack, once the stinger is removed to help alleviate pain.



An antihistamine taken orally or applied as a cream can help alleviate itching and swelling.

You are experiencing a more severe reaction.

These symptoms include:

- A feeling of uneasiness, tingling sensations, and dizziness
- Generalized itching & hives
- Swelling of the lips & tongue
- Wheezing and difficulty breathing
- Collapse and loss of consciousness

PREVENTION

Protect yourself from bee and wasp stings by avoiding:



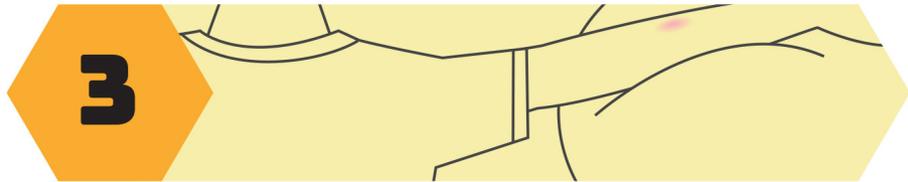
WEARING BRIGHT COLORS



SCENTED PERFUME



HAIR SPRAYS

**3**

ELEVATE THE AREA

Elevate the area, depending on the location of the sting, to help reduce swelling.



These symptoms can last between a few hours and a few days.

Bees and wasps are social creatures and only sting humans to protect their hive. Don't bother them, and they won't bother you!



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