

INSECT STINGS

Bee, wasp, and hornet stings are usually more painful and alarming than they are dangerous. An initial sharp pain is followed by mild swelling and soreness, which first aid can relieve. Some people, however, are allergic to these poisons, and can rapidly develop the serious condition, anaphylactic shock. Multiple stings can have a dangerous cumulative effect. Stings in the mouth or throat should be taken very seriously, as the swelling they cause can obstruct the airway.

TREATMENT

Your aims are:

- To relieve swelling and pain.
- To arrange removal to hospital, if necessary.

FOR A STING IN THE SKIN

1. Remove the sting, if it is still there, with tweezers.
2. Apply a cold compress to relieve pain and minimize swelling.
3. Advise the casualty to see her own doctor if pain and swelling persist or increase over the next day or two.

FOR A STING IN THE MOUTH

1. Give the casualty ice to suck, to minimize swelling.
2. Dial **112** for an ambulance. Reassure the casualty while waiting for help.