



START HERE

ASSESS: LOCAL REACTION OR ANAPHYLAXIS?

Look for **red flags**.

If you suspect anaphylaxis, act immediately



LOCAL REACTION

1 Remove stinger

Use card or flat object

2 Wash area

With soap and water

3 Cool area

Apply cold compress

4 Watch closely

for 30 minutes at least

ANAPHYLAXIS



RED FLAGS

- **Trouble breathing**
- **Swelling** of the face, lips, tongue, neck
- **Hives**
- **Dizziness** or fainting
- **Multiple stings**
- **Previous reaction**

If you suspect anaphylaxis, act immediately



ANAPHYLAXIS

1 Call for help

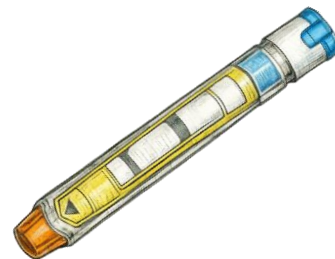
Call emergency services immediately. Do not wait.



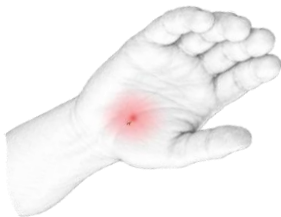
ANAPHYLAXIS

2 Use the EpiPen

1. Remove the blue safety cap
2. Press firmly against the outer thigh
3. Hold for about 10 seconds



Scan for videos, tips & printable extras!



BEE STINGS

FIRST-AID for

POCKET GUIDE

Use the EpiPen immediately if any signs of anaphylaxis

2

Watch for signs of a serious allergic reaction Especially in the first 30 minutes

1

REMEMBER 2 THINGS:

BEE STINGS

Don't squeeze the stinger

Don't apply ice directly to the skin



Don't delay if you suspect anaphylaxis

What NOT to do:

BEE STINGS



Watch your child until help arrives, even if they seem better.

3 Monitor closely

ANAPHYLAXIS