

How to protect your child from insect stings & bites.

Although insect stings and bites can be irritating, symptoms usually begin to disappear by the next day and don't require medical treatment. However, kids with allergic reactions may have life-threatening symptoms requiring emergency treatment.

SIGNS & SYMPTOMS



Mild Reactions

- Red bumps
- Itchiness
- Mild swelling



Severe Reactions

- Swelling (face or mouth)
- Difficulty swallowing
- Difficulty speaking
- Chest tightness or wheezing
- Difficulty breathing
- Dizziness or fainting

WHAT TO DO

Mild Reactions



If a stinger is visible, try to remove it using your thumb or a credit card

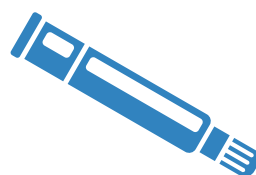
Wash the area with Soap/Water



Apply an ice pack or a cool wet cloth to relieve pain and swelling

Severe Reactions

Call 911 (If the child is conscious give him or her diphenhydramine)



Administer an EpiPen (injectable epinephrine) if the child has one

Think Prevention

Teach Kids to Avoid:

- Walking barefoot while on grass
- Playing in areas where insects nest or congregate
- Drinking from soda cans outside

Seek Medical Care if:



- The sting or bite is in or near the mouth
- The child has a severe allergy to a stinging or biting insect
- Injectable epinephrine (EpiPen) was used
- The site looks infected