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**

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**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

**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

**Think Prevention**

**Teach Kids to Avoid:**
- Walking barefoot while on grass
- Playing in areas where insects nest or congregate
- Drinking from soda cans outside

For more health tips, visit [uclahealth.org/mattel](http://uclahealth.org/mattel)