



Insect Stings and Bites

Insect stings and bites are painful, but rarely fatal. With proper care, you can reduce the risk of infection and alleviate pain. If you child displays any symptoms of an allergic reaction, make sure to seek emergency medical care immediately.

Bee, Wasp, Hornet and Yellow Jacket Stings

If stung, **do not** try to pull the stinger out – it may release more venom. Gently scrape it out with a blunt-edged object, such as a credit card or a dull knife. Wash the area carefully with soap and water. Twice a day, until the skin has healed, apply a cold pack or a cold, wet washcloth to the area for a few minutes. Then apply a paste of baking soda and water and leave it on for 15 to 20 minutes. Use acetaminophen (such as Tylenol) to relieve pain and an over-the-counter antihistamine to relieve itching, if your child's doctor allows. Make certain to follow dosage instructions for your child's age and weight.

Remember! A sting anywhere in the mouth warrants immediate medical attention. Stings in the mucous membranes of the mouth can cause severe swelling that may block airways.

Spider Bites

Most spiders found in the United States are harmless, with the exception of the black widow and the brown recluse (or violin) spider. Both of these are found in warm climates.

If bitten by a spider, wash the area carefully with soap and water and apply cool compresses. Then, twice a day, until the skin is healed, apply a paste of baking soda and water and leave it on for 15 to 20 minutes. Use acetaminophen (such as Tylenol) to relieve pain. To protect against infection, apply an antibiotic ointment and keep the child's hands washed.



Seek emergency care if you see the following symptoms, which may indicate an allergic reaction:

- large area of swelling
- abnormal breathing
- tightness in throat or chest
- dizziness
- hives or rash
- fainting
- nausea or vomiting
- persistent pain or swelling (more than 72 hours)

Spider Bite Symptoms:

- deep blue or purple area around the bite, surrounded by a whitish ring and a large outer red ring
- body rash
- muscle spasms, tightness and stiffness
- abdominal pain
- headache or fever
- general feeling of sickness
- lack of appetite
- joint pain
- signs of infection around the bite (swelling and redness)
- pink or red urine