



## ADVICE ON THE TREATMENT OF BEE STINGS

This information has been edited from the NHS Website

<https://www.nhs.uk/conditions/insect-bites-and-stings/treatment/>

- **Remove the sting.**

If the sting has been left in your skin, remove it to prevent more venom being released.

- **Don't pinch the sting** with your fingers or tweezers as you may spread the venom.
- **Scrape it out** sideways with something with a hard edge, such as a bank card, hive tool or your fingernails.
- Wash the affected area with soap and water.
- Apply a cold compress or an ice pack to any swelling for at least 10 minutes.
- Raise or elevate the affected area if possible, as this can help reduce swelling.
- Avoid scratching the area to reduce the risk of infection

The pain, swelling and itchiness can sometimes last a few days.

### Relieving the symptoms of an insect bite or sting

If you have troublesome symptoms after a sting, the following treatments may help:

- For pain or discomfort –over-the-counter painkillers, such as [paracetamol](#) or [ibuprofen](#)
- For itching –over-the-counter treatments, such as Antisan, hydrocortisone cream or ointment and [antihistamine](#) tablets.
- For swelling – regularly applying a cold compress or ice pack to the affected area,

### When to get emergency help

Call an ambulance immediately if there are any symptoms of a severe reaction, such as:

- wheezing or difficulty breathing
- a swollen face, mouth or throat
- nausea or vomiting
- a fast heart rate
- [dizziness](#) or feeling faint
- [difficulty swallowing](#)
- loss of consciousness

Emergency treatment in hospital is needed in these cases.

