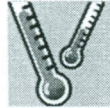


Insect Stings and Bites

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 who are allergic to some insect stings or bites may sometimes have life-threatening symptoms requiring emergency treatment.



Signs and Symptoms

Of a mild reaction:

- red bumps
- itchiness
- mild swelling

Of a severe allergic reaction include:

- swelling of the face or mouth
- difficulty swallowing or speaking
- chest tightness, wheezing, or difficulty breathing
- dizziness or fainting



What to Do:

If there are signs of a severe reaction:

- **Call 911.** If the child is conscious, give him or her diphenhydramine.
- If the child has an injectable epinephrine (EpiPen), it should be given.

If there are no signs of a severe reaction:

- If the child was stung and the insect's stinger is visible, remove it as quickly as possible by scraping the skin horizontally with the edge of a credit card or your fingernail.
- Wash the area with soap and water.
- Apply ice or a cool wet cloth to the area to relieve pain and swelling.

Seek Medical Care if:

- the sting or bite is inside or near the mouth
- the child has a known severe allergy to a stinging or biting insect
- injectable epinephrine (EpiPen) was used
- the site looks infected (increasing redness, warmth, swelling, pain, or pus occurring several hours or longer after the sting or bite)



Think Prevention!

Teach kids to avoid:

- walking barefoot while on grass
- playing in areas where insects nest or congregate
- drinking from soda cans outside

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