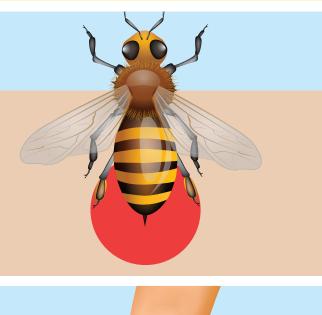
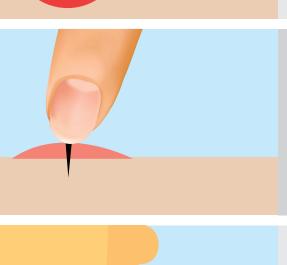


- of the body
- Swelling of the throat and tongue
- Difficulty breathing and tightness in the chest
- Dizziness
- Stomach cramps, nausea, or diarrhea
- Rapid fall in blood pressure
- Shock
- Loss of consciousness

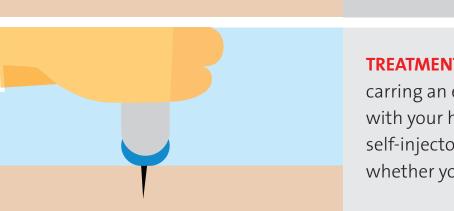


HOW TO TREAT INSECT STINGS

REACTIONS TO THE STING are usually at the site of the sting, with redness, swelling, pain and itching. Generally, the reaction lasts only a few hours, although some may last longer.



SUGGESTIONS FOR TREATMENT include immediately removing the stinger by scraping it with a fingernail. Do not squeeze the stinger, which may force the venom into the body.



TREATMENT FOR HIGHLY ALLERGIC can include always carring an epinephrine self-injections called EpiPens®. Talk with your health care provider about getting an epinephrine self-injector if you don't already have one. Ask about whether you need immunotherapy or allergy shots.

For more information on insect bites, visit **premierhealthnet.com/familyhealth**.

Sources: Allergen: Insect Stings, Staywell Krames, 5/18/2014

