**Bee and Wasp Safety**

**First Aid Tips**

1. **Seek immediate** medical attention if any of the following is experienced: Shortness of breath or difficulty breathing; swelling of neck, throat, or tongue; dizziness or headache; vomiting; diarrhea; rash/hive; loss of consciousness; or drop in blood pressure.

2. **Remove** the stinger by scraping the stinger out with your fingernail, the edge of a credit card, a dull knife blade, or other straight edged object. Do not pull the stinger out with your fingers or tweezers because this will squeeze out more venom.

3. **Wash** the area with soap and water. Do not scratch as this may increase swelling and itching.

4. **Apply** ice to reduce swelling.

5. **Seek** medical advice for any additional concerns.

For more information, please contact the Department of Public Health Environmental Health Services 800-442-2283 wp.sbcounty.gov/dph/programs/ehs

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