

Bee Stings

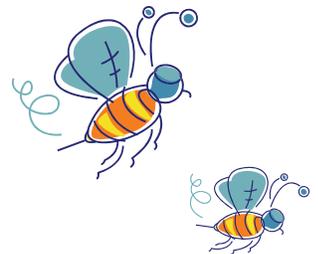
Telcom Insurance Group

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Quarter III

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Call it one of nature's little miracles....

- It has been proven through scientific experimentation that bees defy the laws of physics and aerodynamics. Because of their size and weight, relative to their wing size and span, bees are technically too heavy to fly with the wings they have.

What to Do if a Bee Stings You

1. Try to identify what type of bee you were stung by, to see whether you will have to remove a stinger or not. Honey bees are the only bees that leave their stingers (and with it a venom sac) in the skin. But be careful! Other bees can and will sting repeatedly if they feel threatened.
2. If there is a stinger, remove it as quickly as possible by wiping the area with a piece of gauze or by scraping a fingernail over the area. **Never** squeeze the stinger or use tweezers because more venom will be released into the skin.
3. Wash the site with soap and water and apply ice to reduce the swelling.
4. Do not scratch the sting site. This could cause swelling and increases the chance of infection.
5. If the symptoms seem more severe than they should, seek immediate medical attention.

Tips for Reducing the Risk of "Bee"ing Stung

1. Wear light-colored, smooth-finished clothing.
2. Bathe daily. The smell of sweat angers bees. Also avoid using perfumed soaps, shampoos, deodorants, and wearing cologne or perfume.
3. If a single bee or wasp is flying around, remain still. Swinging or swatting at an insect may cause it to sting.
4. If you are attacked by several bees at the same time, run to get away from them. Bees release a chemical when they sting which alerts other bees of the intruder. Go indoors or jump into water.
5. If a bee comes inside your vehicle, stay calm. Do not attempt to get the bee out while driving because you could cause an accident. Stop the car slowly, open all the windows and let the bee fly out on its own.
6. Keep all outdoor eating areas clean. Bees congregate in places where humans discard food.

SYMPTOMS A SEVERE ALLERGIC REACTION

Dizziness

Feeling weak

Nausea

Severe shortness of breathe

Swelling

Breaking out in hives

Becoming unconscious shortly after being



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