

Bee Stings

What are they?

Bee stings are an immune reaction from a sting from a bee or wasp. These reactions can range from mild to severe (anaphylaxis).

What do they look like?

Commonly, bee stings look like inflamed and swollen areas on the skin. Sometimes the stinger is visible.

Can it cause any diseases?

Bee stings do not cause any diseases as they are an immune response from the sting of a bee or wasp.

Signs and Symptoms

The signs and symptoms of a bee sting can include a sharp burning pain at the site of the sting, a welt at the site, swelling at the site is common, a visible stinger, redness at the site, and in rare cases a severe allergic reaction can occur which would require immediate medical attention (anaphylaxis) (Mayo Clinic, 2014).

I've been stung, now what? How to remove and treat?

Generally the swelling associated with a bee sting resolves on its own within a few hours. If a stinger is visible, remove it. Wash the area with soap and water and use cold compresses to relieve swelling and pain. Calamine lotion can be helpful with irritation. If anaphylaxis occurs, epinephrine may be used with other therapies to restore breathing and reduce the inflammatory response. If anaphylaxis occurs, seek medical attention (Mayo Clinic, 2014).

Prevention

Avoiding bees is not realistic so ensuring caution when drinking sweet drinks outside. Cover food containers and trash cans and clear garbage. Also, having hives removed by a professional and wearing close-toed shoes can help (Mayo Clinic, 2014).

Risks

Areas that are heavily concentrated with bees or wasps may provide risk for being stung however, children are less likely than adults to have an allergic reaction (anaphylaxis) to the sting (Mayo Clinic, 2014).

What does Camp Kawartha do?

Two protocols are set in place, one for a non-anaphylactic situation and one for an anaphylactic one. Non-anaphylactic campers have the stinger removed and cold compresses or ice packs are used for the pain and swelling. With anaphylactic campers, anaphylaxis protocol is followed.

References

Mayo Clinic (2014, February 7). [*Beestings*](#).