

BEE STING

Stay calm. Move fast. Save a life.

IS IT MILD OR SEVERE?

Any breathing trouble = ANAPHYLAXIS

MILD REACTION

- **SCRAPE THE STING**
Sideways with a card. Never squeeze.
- **WASH WITH COOL WATER**
Soap. Pat dry.
- **COLD PACK**
15 on. 15 off.
- **WATCH 30 MINUTES**
Hives, voice change, vomiting?
treat as anaphylaxis.

ANAPHYLAXIS

- **LAY THEM FLAT**
No standing. No walking.
- **EPIPEN — OUTER MID-THIGH**
Through clothing. Hold 3 seconds.
- **CALL 000**
Say: "Anaphylaxis."
- **REMOVE THE STING**
Scrape. Never squeeze.
- **NO RELIEF IN 5 MIN — SECOND EPIPEN**
Stay flat. Watch breathing.
- **CPR IF NOT BREATHING**
30 : 2. Hospital — 4 hours minimum.

