

NORMAL AND ALLERGIC REACTIONS TO INSECT STINGS

- I. Normal, non-allergic reactions at the time of the sting
 - a. Pain, sometimes sharp and piercing
 - b. Burning, or itching burn
 - c. Redness (erythema) around sting site
 - d. A white area (wheal) immediately surrounding the sting site
 - e. Swelling (edema)
 - f. Tenderness to touch

- II. Normal, non-allergic reactions hours or days after itching
 - a. Itching
 - b. Residual redness
 - c. A small brown or red damage spot at the puncture site
 - d. Swelling at the sting site

- III. Large Local reactions
 - a. Massive swelling (angioedema) around the sting site extending over an area of 10 cm or more and frequently increasing in size for 24 to 72 hours, sometimes lasting a week in duration.

- IV. Cutaneous allergic reactions
 - a. Urticaria (hives, nettle rash) anywhere on the skin
 - b. Angioedema (massive swelling) remote from the sting site
 - c. Generalized pruritis (itching) of the skin
 - d. Generalized erythema (redness) of the skin remote from the sting site

- V. Non life-threatening systemic allergic reactions
 - a. Allergic rhinitis or conjunctivitis
 - b. Minor respiratory symptoms
 - c. Abdominal cramps
 - d. Severe gastrointestinal upset
 - e. Weakness
 - f. Fear or other subjective feelings

- VI. Life-threatening systemic allergic reactions
 - a. Shock
 - b. Unconsciousness
 - c. Hypotension or fainting
 - d. Respiratory distress
 - e. Laryngeal blockage (massive swelling in the throat)

Know These Killers

	Symptoms		
	Anaphylaxis	Heat Exhaustion	Heat Stroke
Unusual skin color	*	*	*
Variable pulse rate & strength	*	*	*
Unconsciousness	*	*	*
Fever	*		*
Confusion	*		*
Dizziness	*	*	
Nausea/Vomiting	*	*	
Cramps	*	*	
Weakness	*	*	
Hives/Itching	*		
Wheezing	*		
Labored breathing	*		
Coughing/Sneezing	*		
Swelling of face or throat	*		
Diarrhea	*		
Chills	*		
Intense anxiety	*		
Low blood pressure or shock	*		
Headache		*	
Skin may feel cold or hot		*	
Perspiration heavy or absent		*	
Hot dry skin			*
Convulsions			*

FIRST AID

ANAPHYLAXIS-

1. Administer epinephrine (available by prescription)
2. Administer Benadryl if symptoms are still mild and doing so doesn't interfere with item 3
3. Transport to hospital
4. Perform CPR and treat for shock if necessary

HEAT EXHAUSTION-

1. Lie down in cool place with feet slightly raised
2. Slowly drink water – lightly salted if possible

HEAT STROKE-

1. Cool patient as quickly as possible
2. Transport to hospital
3. Adjust cooling efforts to victim's temperature