

## FIRST AID FACT SHEET

# Insect Bites and Stings

Insects such as bees, wasps, ticks and ants inject venom directly into the body by either biting or stinging the victim. Most insect bites and stings are relatively minor but can be painful and have serious effects if the casualty has an allergic reaction.

### Caused by

- + Bites or stings from an insect.

### Signs & symptoms

- + Pain at site (sometimes extreme).
- + Swelling and redness.
- + Muscle weakness (tick bite).
- + Difficulty in breathing and swallowing.
- + Itchy and painful blisters.

### What to do

1. Follow DRSABCD St John Action Plan.
2. Bee/wasp sting: remove sting by scraping sideways with finger nail or sharp object.
3. Tick bite: If any signs of allergic reaction or casualty has a known allergy - **DO NOT** remove the tick.
4. Apply a cold pack directly over the bite site to relieve pain.
5. Monitor casualty and seek medical aid if necessary.
6. If severe allergic reaction, call **Triple Zero (000)** for an ambulance. If the casualty is carrying their own EpiPen® it should be given immediately.



In a medical emergency  
call **Triple Zero (000)**

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