

Date:

Dear (Parent/Guardian),

Today (_____) was stung by a bee at _____ AM/PM on his/her _____ while he/she was _____ . At school we _____ .

Many allergic reactions have been reported with bee stings. Severe reactions usually occur within the first two hours. **Watch for extreme itching, pain, hives, swelling, or difficulty breathing.** If your child shows any of these symptoms, call the paramedics or go to your nearest Emergency Room, even if the two hours has lapsed!

It is normal for the area to be red, slightly swollen, and itch. You can apply ice for comfort, and there are some over-the-counter creams and lotions you may use for itching. Look for Benadryl or Caladryl as an ingredient in the lotion or cream, or ask a pharmacist for assistance. If the swelling persists after 24 hours, a warm pack (instead of ICE) would be more comforting. Encourage your child to keep the area clean and to avoid scratching it.

After 72 hours all swelling should be gone. For the next few days, you should look for signs of possible infection. The signs to look for include: **redness, swelling, tenderness to the touch, warmth, pus, or a spongy or hard feeling to the touch.** Please consult your health care provider if you note any signs of possible infection.

Thank you,

Quick Reference

1. Take out the stinger with a scrapping or flicking motion. Use a credit card or fingernail. Do not squeeze or use a tweezers.
2. Clean site with warm soapy water and soap.
3. Make a paste of *Adolph's Unseasoned Meat Tenderizer* and water. Apply to wound. Let it dry for 20 minutes, and then rub it off.
4. Apply ice to the wound to reduce swelling and for comfort. (10 minutes on and 10 minutes off for two hours)
5. Observe for severe reactions i.e.: **extreme itching, pain, hives, swelling, or difficulty breathing.** Call for paramedics as needed.