

Bites & Stings

Practical skills

Prevention, treatment, and the signs that need medical help.

Educational reference. Seek medical help for any severe or spreading reaction.

Problem	First response
Bee sting	Scrape the sting out; do not squeeze
Wasp sting	No sting left; cold compress
Tick	Fine tweezers or tick tool, straight out, no twisting
Mosquito	Cold compress; avoid scratching
Horsefly	Clean; watch for infection
Nettle	Rinse; do not rub

Educational reference. After a tick bite, watch for a spreading circular rash or flu-like symptoms for several weeks and see a doctor if either