anaphylaxis UK

BEE & WASP STING ALLERGIES

Supported by an educational grant from ALK

KNOWING HOW TO RESPOND TO A BEE AND WASP STING ALLERGY CAN BE LIFESAVING

How to avoid being stung

1. **FOOD:** When outside, keep food covered, look at what you're eating and drinking before you take a bite or a sip, and avoid open rubbish bins.
2. **CLOTHING:** Avoid bright colours, keep your arms and legs covered, and avoid walking barefoot or in sandals outdoors.
3. **REACTION:** If a bee/wasp is near you, don't swat it. Move away slowly and calmly. If it lands on you, don't panic. Be patient and wait for it to fly away.
4. **NEST:** If you find a nest of wasps/bees in your house or garden, do not attempt to move it. Call the local authority or Bee Keeping Association for advice.

What to look out for?

- **A — AIRWAYS:** swelling in the throat, tongue or upper airways (tightening of the throat, hoarse voice, difficulty swallowing).
- **B — BREATHING:** sudden onset wheezing, breathing difficulty, noisy breathing.
- **C — CIRCULATION:** dizziness, feeling faint, sudden sleepiness, pale clammy skin, tiredness, confusion, loss of consciousness.

What to do in an emergency?

Anaphylaxis requires an urgent injection of **adrenaline.** If you are at risk of anaphylaxis you should be prescribed **two adrenaline auto-injectors (AAIs).**

1. Stay where you are. Lie down with your legs raised.
2. Use an adrenaline auto-injector without delay.
3. Call 999 & ask for an ambulance. Say its an emergency case of anaphylaxis.
4. Use your second AAI after 5 mins if you get worse or do not improve.
5. When waiting for an ambulance, stay where you are, do not stand or sit up.

Is there treatment available?

If you have a serious allergy to bee or wasp venom, you may be eligible for **venom immunotherapy (VIT).**

The goal of VIT is to desensitise your immune system to venom so that it no longer overreacts.

This is done by giving you doses of bee/wasp venom that gradually increase over time.

Scan here to view our VIT Factsheet

www.anaphylaxis.org.uk

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A brighter future for people with serious allergies