

FACT SHEET: Bees, Wasps, and Hornets

Avoiding Insect Stings



Bees, wasps, and hornets are found throughout the United States. These insects are most abundant in the warmer months. Nests and hives may be found in trees, under roof eaves, or on equipment such as ladders.

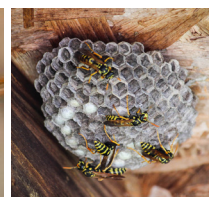
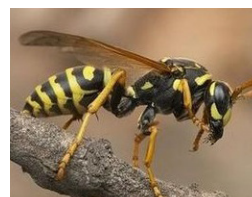
✓ NEED TO KNOW:

- **COVER UP:** Wear light-colored clothing that covers your body .
- **AVOID SCENTED PRODUCTS:** Products with fragrances can attract insects.
- **USE INSECT REPELLENT:** When venturing into the woods, use insect repellent to prevent stings.

INCIDENT PREVENTION:

- Wear light-colored, smooth-finished clothing covering as much of the body as possible.
- Wear clothing that seals at the wrists and ankles to prevent insects from entering under clothing.
- Remain calm and still if a single stinging insect is flying around you. Swatting at an flying insect may cause it to sting or release a chemical (pheromone) that attracts more insects. Crushing a bee may also result in pheromone release.
- Avoid flowering plants and discarded food.
- Avoid colognes, perfumes, and scented soaps, shampoos, and deodorants.
- Keep work areas clean. Social wasps thrive in places where humans discard food.
- If you are attacked by several stinging insects at once, immediately run away from the site of attack (they may release pheromones while attacking).
 - Go indoors.
 - A shaded area is better than an open area to get away from the insects.

Workers with a history of severe allergic reactions to insect bites or stings should consider carrying an **epinephrine auto injector (EpiPen)** and should wear a medical identification bracelet or necklace that states their allergy.



! IF A WORKER IS STUNG BY A BEE, WASP, OR HORNET:

- Have someone stay with the worker to be sure that they do not have an allergic reaction.
- Wash the site with soap and water.
- Remove the stinger using gauze wiped over the area or by scraping a fingernail over the area.
- Never squeeze the stinger or use tweezers.
- Apply ice to reduce swelling.
- Do not scratch the sting as this may increase swelling, itching, and risk of infection.
- **Signs of anaphylaxis include:**
 - Swelling of face, throat, or tongue
 - Difficulty breathing
 - Dizziness
 - Nausea
 - Itching

ADDITIONAL RESOURCES:

- CDC/NIOSH: [Bees, Wasps, and Hornets](#)
- Academy of Allergy Asthma and Immunology: [Stinging Insect Allergy](#)
- AUVI-Q: [Epinephrine Injector Information](#)

📱 MORE INFO:

