

COMPLICATIONS?

Systemic Reactions: seek immediate medical help or call 999 if you notice any of the following:

- Wheezing, hoarseness or difficulty breathing.
- Nausea, vomiting or diarrhoea.
- A fast heart rate.
- Dizziness and feeling faint.
- Difficulty swallowing.
- Any swelling to the face or mouth.
- Confusion, anxiety or agitation.

See your GP if:

- You develop a large rash.
- Feel very nauseous over time.
- Have painful or swollen joints.

Wound Infection:

See your GP if you develop any of the following:

- Pus in or around the bite / sting Swollen glands.
- Increased pain, swelling or redness around the injury.
- Red streaks in the armpit or groin and swollen lymph nodes (small glands that are part of the immune system).
- Flu like symptoms.
- A high body temperature, OR
- If you develop any other signs, symptoms or concerns that worry you.

Getting Further Advice & Support

Please feel free to return to one of our Medical Treatment Centre's whilst the event is on-going if you have any concerns or questions.

Following the event, you should seek further advice (if needed) from your GP or local walk in centre, Minor injuries Unit (MIU) or hospital Emergency Department (ED). You can also get free non-emergency advice by calling NHS 111.

We are unable to give health or other advice over the phone.

In an Emergency call 999 for an Ambulance.



www.icebluemedical.co.uk

Rex House 4th Floor, 10-12 Regent Street,
London, SW1Y 4PE

info@icebluemedical.com
24 Hour Call: 020 3189 1860



INSECT BITES & STINGS

Patient Information Leaflet

This leaflet contains important information about the treatment you have received and what to do and what to expect next.

Please take the time to read it carefully, keep it safe and show it to anyone who asks about the treatment you have received or who helps to look after you.

INSECT BITES & STINGS

Insect bites and stings are common and usually only cause minor irritation.

However, some stings can be painful and trigger other, more serious reactions & conditions. An insect (or arachnid) will bite you by making a hole in your skin to feed. Most insects sting as a defense by injecting venom into your skin.

Common Affects

When an insect bites, it releases saliva that can cause the skin around the bite to become red, swollen & itchy. The venom from a sting often causes a swollen, itchy red mark (a weal) to form on the skin. In the majority of cases the body responds well, and the injury is harmless.

The affected area will usually remain sore and itchy for a few days. The severity of injury varies depending largely on the type of insect involved and the sensitivity of the person.

SIGNS & SYMPTOMS

An insect bite or sting often causes a small lump to develop which can be very itchy. These often resolve quite quickly and can be safely treated at home.

Common signs are:

- **Bullae:** localised fluid filled blisters.
- **Weals:** circular, fluid filled areas around the bite / sting.
- **Papular Urticaria:** a number of itchy red bumps around the wound.

Wasp & Hornet Stings

These can cause a sharp pain in the area that's been stung which soon resolves leaving a red, swollen mark on the skin.

Bee Stings

Feel similar to wasp stings but the sting and a venomous sac can be left in the wound. Remove this immediately by scraping it away using something with a hard, flat edge like a bank card. Avoid picking or squeezing the sting out.

ALLERGIC REACTION

You are more likely to have an allergic reaction if you are stung than bitten. These are classified as:

- **Minor Localised Reaction** - where the area local to the injury is swollen and sore for a few days.
- **Large Localised Reaction**—which can cause other symptoms such as swelling, itching and a rash.
- **Systemic Reaction**— which often requires emergency treatment as can result in a potentially life-threatening condition called anaphylaxis. Anaphylaxis is however, rare.

Treatment

Minor bites and stings can be treated by:

- Washing the area with soap & water.
- Placing a cold compress over the affected area.
- Not scratching the affected area.
- Using simple painkillers.
- Apply local anesthetic cream or sprays (see pharmacist).
- Taking an over the counter antihistamine tablet (always read the label).