

BEE STINGS

HOW TO AVOID THEM AND WHAT TO DO IF THEY HAPPEN



WE WORK WITH A VARIETY OF ITALIAN BEE KNOWN FOR ITS VERY MILD TEMPERAMENT. IT'S ALSO WHY OUR URBAN BEEKEEPERS WEAR LITTLE OR NO PROTECTION.

Honey bees aren't inclined to sting – at all. Why? Because they die immediately afterwards if they do. When they do strike as a last resort to protect their colony, their stinger gets physically stuck and will tear off, taking part of their abdomen along with it; a fatal blow.

Like any animal (including humans!), bees can become defensive when they feel threatened. Although stings are rare, they *can* happen.

WHAT TO DO IF A BEE STINGS

1. Step further away from the hive and stay calm.
2. Remove the stinger quickly by scraping it with your fingernail.
3. Observe the symptoms and act accordingly.

NORMAL	NOT NORMAL
A local reaction	A systemic reaction
<p>LOCAL swelling (a little... or a lot!), redness, itching</p> <ol style="list-style-type: none"> 1. Apply ice to the stung area 2. Go to your pharmacist and ask for a sting relief treatment 3. Avoid scratching to prevent infection or irritating the area 	<p>Swelling, redness, itching or other symptoms ELSEWHERE ON YOUR BODY</p> <ol style="list-style-type: none"> 1. Call 911 immediately 2. If available, auto-inject yourself with epinephrine (EpiPen) 3. Find someone to keep you company until you get medical support

Finally, knowing how to “beehave” around a beehive reduces chances of getting stung to almost zero: **stay calm, move slowly, and keep your distance!** Following these simple guidelines can help everyone feel safe, turning a simple beekeeping experience into a truly **awe-inspiring adventure.**