

# How to Avoid Stinging Insects

It's no fun spending all day inside! If you are allergic to stinging insects, here are a few tips to help you enjoy being outdoors while avoiding those pesky bugs.

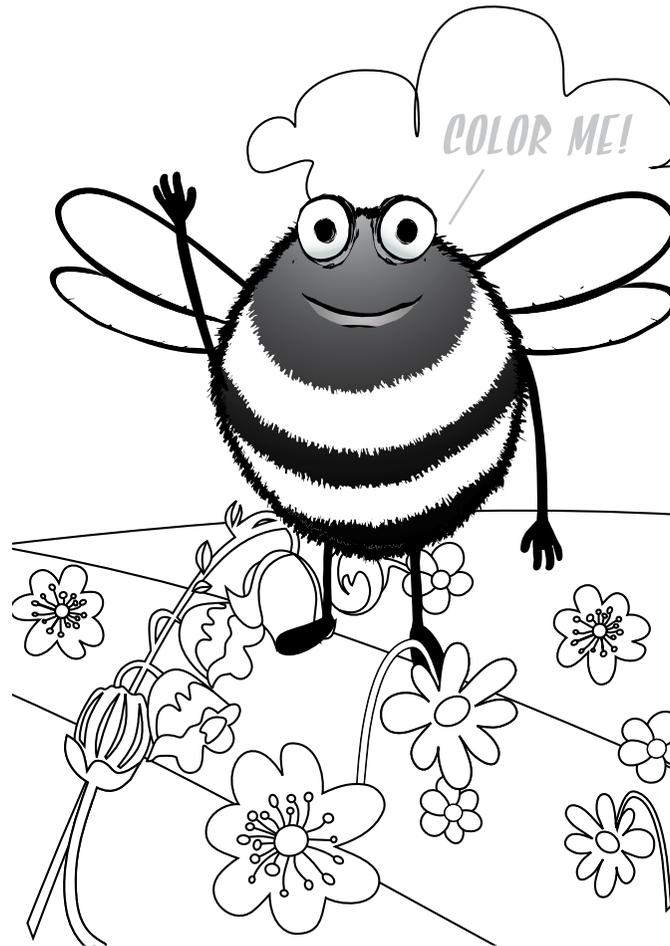
It is important to remember that bees, wasps, and other stinging insects only use their stings against people when they feel like they are in danger, or when protecting their nest. This is why it is important to leave insects and their nests alone.

- Avoid orchards in bloom, clover fields, and any areas with a lot of flowers.
- Some stinging insects are attracted to bright colors, so wear light colored clothes when playing outdoors.
- Stinging insects are attracted to sweet smells, like soft drinks and fruit juices, so be extra careful when eating or drinking outdoors.
- Certain kinds of stinging insects make their nests on or near the ground, so avoid bare feet and ankles when outdoors.
- If a stinging insect approaches, stay calm and still.
- Never slap or brush off an insect of this kind, as they are more likely to sting when frightened by these quick movements.



You don't have to be afraid.  
Instead, Bee Aware.

Talk to an allergist near you about Venom Immunotherapy.



To learn more about the Bee Aware program,  
and to find an allergist near you, visit

[www.BeeAwareAllergy.org](http://www.BeeAwareAllergy.org)



Children's Information

## Learn about insect sting allergies



# Bee season is here. It's time to Bee Aware.



So, I heard you were stung by a bee, wasp or other stinging insect. *Ouch!*

If you had a “normal” reaction, you probably felt some pain, and the sting site might have itched, swelled up, and turned red for a little while.

If you had an allergic reaction, which is another name for your immune system “overreacting” to the sting, you may have gotten an itchy rash or stomach cramps, had difficulty breathing or swallowing, or felt dizzy. Allergic reactions can be different depending on how severe the person’s allergy is.

Allergic reactions can be scary and dangerous, but if you and your parents talk to a special doctor called an allergist, they can help you to manage your allergy. The doctor will probably give you a skin test to see what stinging insect you are allergic to. Depending on how this turns out, they may suggest Venom Immunotherapy, also called VIT, to help your immune system to not “overreact” if you are stung again.

## What is Venom Immunotherapy (VIT)?

VIT is a series of shots that introduce very small amounts of venom into your body.

Over time, the amount is slowly increased to help your immune system build a tolerance to the venom. This is continued until your body has enough immunity to be able to handle a sting without “overreacting.”

## How long does VIT take?

At first, your allergist will probably have you come in once or twice a week to get your shots. After a few months you will be able to get the shots less often. Your allergist will talk to you and your parents about the best shot schedule for you.

While doing VIT, your allergist will also provide you with a prescription for an epinephrine auto-injector. If you get stung before your immune system is strong enough to handle it, you may need an adult to give you the shot of epinephrine. This will help keep your allergic reaction symptoms from getting too severe.

There are risks involved with VIT. Most can be easily treated by your allergist and their staff. Your allergist will talk to you and your parents about these risks before deciding if VIT is the right treatment for you.

## Venom Immunotherapy (VIT)



## Glossary of Terms

**Immune System:** the system of organs in your body that fights germs and helps protect you from disease

**Immunity:** when your immune system is able to fully protect you from a certain infection or disease

**Allergic Reaction:** when your immune system “overreacts” to things that are normally harmless

**Symptoms:** signs that let you know something’s not right in your body, such as a fever or stomach cramps

**Epinephrine:** a medicine that helps stop the symptoms of an allergic reaction