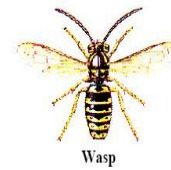


## VENOM ALLERGY

### Definition

Allergy to the venom of stinging insects

- Stinging insects (hymenoptera)
  - Yellow Jackets (Most common)
    - Nests found on ground and in wall
    - Attracted to food
  - Hornets (yellow and whitefaced)
    - Nests in bushes and trees
  - Wasp
    - Nests in eaves, buildings
  - Honeybee (least common)
    - Often leaves stinger in (others bees/wasps usually don't)
    - Attracted to flowers



### Symptoms

- **Large local:** large swelling/redness at site of sting
- **Allergic/systemic:** Hives, swelling not at site of sting, short of breath, wheeze, lightheadedness, fainting, chest pain, nausea, vomiting, diarrhea
- **Toxic:** Similar to allergic (nausea/vomiting, headache, vertigo, etc), often multiple stings
- **Delayed:** Rash, joint pains, fever, increased lymph nodes

### Treatment

- Antihistamines for large local reactions
- EpiPen for allergic/systemic reaction
- Allergy shots for prevention of another allergic reaction

### Avoidance

- Do not frighten the insect (move slowly, do not run, do not slap or brush away)
- Do not smell like a flower (No perfume/colognes, scented suntan lotions, cosmetics, hair sprays and deodorants)
- Do not look like a flower (No bright clothing, avoid loose flowing garments or hair – tie long hair back)
- Minimize exposed skin (wear long sleeves, pants or stockings, gloves while gardening)
- Do not walk outside barefoot
- Do not drink from can/bottle outside (pour into glass) since they may contain hidden insects
- When outside, keep food out of the open (cover or package food, seal garbage)
- Check for nests: Inspect property and if nest found call an exterminator
- Avoid areas where stinging insects gather (gardens, hedges, fruit trees, garbage cans)