

Talk Led By: \_\_\_\_\_

Date: \_\_\_\_\_

Site/Location: \_\_\_\_\_

Time: \_\_\_\_\_

Weather Report/Conditions:

\_\_\_\_\_ High: \_\_\_\_\_ °C Wind Speed: \_\_\_\_\_ km/hr  
\_\_\_\_\_ Low: \_\_\_\_\_ °C Wind Gusts: \_\_\_\_\_ km/hr

## Allergic Reactions to Insect Stings

Insect stings result in poisons and toxins being injected into the body. Naturally, the body (the immune system, specifically) will react to a sting. Someone may not have a severe allergic reaction the first time they are stung, but it is important to remember that *allergic reactions can get worse with each sting*. What this means is that someone's next reaction may be more severe than the last one and could even be deadly.

### Mild and/or Large Local Reactions<sup>1</sup>

- Redness, pain and swelling around the sting.
- Itching around the sting or somewhere else on your body.
- Large, local reactions may take up to 10 days to go away.
- **Treatment may include** using ice to reduce swelling around the sting, over-the-counter pain relievers and antihistamines.

### Severe Reactions<sup>1,2</sup>

- Hives (raised, red, itchy bumps that can be different sizes and shapes but will have red edges with pale centres).
- Nausea, vomiting, diarrhea.
- Anaphylaxis is life threatening and requires emergency treatment. It can cause breathing difficulties and confusion, among other symptoms:
  - Shock, loss of consciousness or cardiac arrest.
  - Swelling of tongue, throat, eyes, eyelids.
  - Wheezing.
  - Dizziness or sharp drop in blood pressure.
- **Treatment may include** an epinephrine shot in the thigh (prescribed by physician for someone with a known severe allergy), oral antihistamines and even emergency medical treatment (calling 9-1-1 or going to the nearest emergency room).

## Anaphylaxis

*Symptoms of anaphylaxis can appear immediately or up to 30 minutes later. When someone does die of a severe allergic reaction, half will die within 30 minutes and three-quarters will die within 45 minutes of receiving the sting.<sup>2</sup>*



*On your farm, are individuals with severe allergies prepared (i.e., have their epinephrine on them or close by)? How far away is the nearest emergency room? How long could it take an ambulance to get to your work location and do you know the rural address and GPS location to get help there?*

