



# Safety Tip of the Week

## Insects and Outdoor Safety

As summer approaches, you may notice an increase in the number of insects buzzing around outside. People with an allergy to stinging insects will want to take extra precautions this time of year.

Up to 5% of Americans are at risk for severe, potentially life-threatening allergic reactions from insect stings.

Unfortunately, most people are not aware they are allergic to stings or bites until after experiencing a reaction. An allergic reaction occurs when the immune system overreacts to the insect's venom.



### Recognize Severe Allergic Reactions:

With a serious or life-threatening response to bites or stings, call 911. The reaction may progress within minutes. Any of the following may happen:

- Shock;
- Difficulty breathing;
- Swelling, including lips, tongue, ears, eyelids, palms of hands, and soles of feet;
- Dizziness or Disorientation;
- Stomach discomfort; or
- Hives.

### When You Can't Avoid Contact with Insects or Spiders:

- Learn insects bite or sting symptoms, seek to know the difference between those that are uncomfortable and those that are dangerous; and
- Remember, human reactions may differ from stings and bites from those who are typically unaffected to those that have life threatening allergic reactions and need to seek immediate emergency medical attention!

***CREEPY CRAWLIES ARE MORE DANGEROUS THAN YOU THINK...BE AWARE AND HAVE A SAFE SUMMER!!***