If you get stung, apply ice and a cream that contains an antihistamine. If swelling and itch are a concern, an oral antihistamine can be helpful. Don't scratch! Watch for signs of infection: Increasing redness, pain, pus.

Ways to prevent being stung by a wasp or bee:

- Do not use perfumes, scented soaps, or suntan lotions
- Do not wear bright colors, flowered prints, or rough-textured fabrics (such as wool), all of which attract bees
- Do not swat a bee or throw an object at a bee or wasp hive. Bees are more likely to attack if they feel threatened.

For more information on stings, check out Health Link BC.