



### **Out in the Bee Yard:**

With all the information there is on our bees we often forget about our own safety. It's important to think ahead and be aware when you are going to be out to do work out in your bee yard.

Always important to have someone with you. Not only does it make it more fun and a good way to share information but if something does happen you have assistance right away.

### **Here are a few tips and some items you may want to carry with you:**

If stung, remove stinger as quickly as you can and smoke the area stung. The stinger releases an alarm pheromone and can irritate the other bees in the area.

No caffeine or exercise before hand – the smell of caffeine or sweat is not attractive to the bees. They may see it as down right offensive and come at you.

Don't be too hungry or have just eaten – Being hungry can not only make you impatient and shaky but both of these can have an effect on your reaction if you do get stung.

Benadryl – Liquid benydral is the fastest way to get it into your system and decrease swelling

Anti- inflammatories – If you are on anti-inflammatories they may cause an increase in your reaction

Small airplane size bottle of booze – Can minimize the reaction if stung

Vinegar spritzer – Masks odours and can stop itching if you are stung.

Roll on deodorant (Aluminum) – Can reduce itching and redness if stung

Thermaptic (heat gun) –Takes away the itch and redness is stung

Eat bananas - If you are stung your body gets depleted of potassium when you are rebuilding anti-bodies.

Epi pen - Follow instructions on packaging – Very good idea to have with you or in your home. Even if you are not allergic, someone else may be. Call around and find one with a long expire date, they usually last about two years.

[www.twobeesapiary.com](http://www.twobeesapiary.com)

