



Vol. 5, Issue 2

Poison prevention antidote

May-June 2026
WWW.MNPOISON.ORG



- May 2: Volunteers of America Spring Wellness Fair
- May 7: Childcare Aware Resource Fair
- May 9: Hennepin Healthcare Teddy Bear Clinic



Bites and Stings

By: Priscila Opare, PharmD, University of Minnesota College of Pharmacy

As the days are getting warmer, outdoor activities with family and friends may be interrupted with ticks, bees and other bugs. This article will talk about some important tips and tricks you should keep in mind as you are outdoors enjoying some time with your friends and family.

How to prevent getting bites and stings

- Wear appropriate attire such as close fitting clothing and closed-toe shoes that will not trap insects or expose the skin to insect bites and stings.
- When eating sweet foods and liquids, be sure to use clear containers to be able to see what is in the food. Keep foods and drinks covered at all times.
- Minimize wearing floral and light colored prints on attire, sweet smelling cosmetics, colognes, or aftershaves that could attract insects.
- When you encounter a stinging insect, be sure to slowly walk away, do not hit it or make any quick movements to help reduce your chances of getting stung.
- Insect repellants can be used to avoid insects.

What to do if you get bites and stings

- For snake bites, always go to the hospital emergency department.
- After a sting or bite, do not attempt to scrape, squeeze or suck out the stinger or venom. Any remaining stingers can be gently brushed away.
- Applying ice to the affected area can reduce swelling and pain
- If a known allergy to the source is present. Administer antihistamines and medications as directed by your physician.

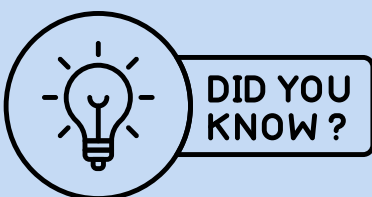
When to call 911

- Life-threatening symptoms such as swelling of the face, difficulty breathing, dizziness and weakness which can be a sign of drop of blood pressure.
- For snake bites, there is no need to bring the snake into the hospital. A picture of the animal, if safe to do so, is fine to show the health care staff to identify the type of snake.

When should you go to the hospital

- For bites and stings that cause life threatening reactions, call 911 right away.
- If you know you are allergic to the source of bite or sting, call 911 right away or visit the nearest hospital.
- Tick bites may look like a bulls-eye rash and can make you sick if not treated. When you get a rash that looks like that, go to the hospital right away to be checked.

The Poison Center specialists are available for any questions or concerns at 1-800-222-1222.



Spring means rain and wild mushrooms.

- Mushrooms are especially abundant after rainfall
- Mushrooms are particularly attractive to young children

Wild Mushroom Safety Tips

- Never pick and eat a wild mushroom unless it has been identified by a trained mushroom expert
- The only safe mushrooms are those purchased from a grocery store
- Supervise children while playing outdoors to reduce the risk of accidental ingestion

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