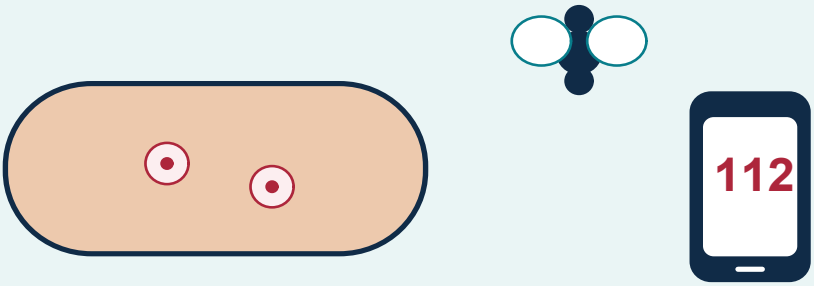
Insect bites and stings

Local care and severe allergy warning signs



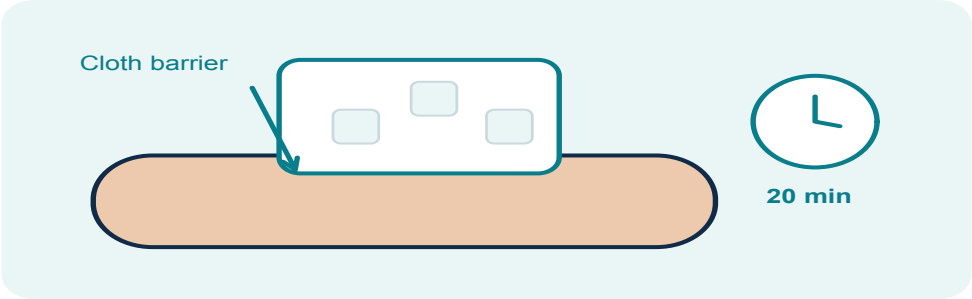
Watch for allergy signs

Call 112 for a severe allergic reaction

Tongue or throat swelling, difficult or noisy breathing, collapse or marked dizziness can be anaphylaxis.

Use your prescribed adrenaline auto-injector immediately and call 112. If not improving after 5 minutes, use a second injector if available.

Care for a local reaction



Wrap a cold pack in a cloth; protect the skin.

Remove a sting or tick

Scrape a visible bee sting sideways out of the skin promptly. For a tick, use fine-tipped tweezers close to the skin and pull steadily upwards.

Do not burn a tick or cover it with oil. Clean the skin after removal.

Reduce irritation

Wash with soap and water. Use a cold pack wrapped in a cloth for about 20 minutes and raise the affected limb.

Avoid scratching. Ask a pharmacist about suitable treatment for itch or pain, especially for children or during pregnancy.

Watch for changes

Seek prompt medical advice

Get help for a sting in the mouth or throat, near the eye, multiple stings, fever, worsening pain or swelling, pus, or a spreading rash after a tick bite.

Mention any previous serious reaction to a sting.

While waiting after anaphylaxis

Lie flat with legs raised. If breathing is difficult, sit with legs stretched out. In pregnancy, lie on the left side.

Do not stand or walk, even if you feel better. An ambulance and hospital assessment are still needed after adrenaline.

Follow the instructions on your injector. Antihistamines do not replace adrenaline for anaphylaxis.

Time / place / suspected insect

Reaction and treatment used

Allergy plan / injector expiry

Your clinic and care plan

Healthway Medical Centre
9 Mdina Road, Ħaż-Żebbuġ
ZBG 9015, Malta
+356 2033 1155
Mobile: +356 9952 5356
info@healthwaymalta.com
www.healthwaymalta.com

Mon-Fri 09:00-12:00 & 16:00-20:00
Saturday / public holidays 09:00-14:00
Sundays closed, including public holidays.

For emergencies, call 112. Do not wait for an email or clinic reply.

Follow-up plan

Known allergies

Guidance and further reading

NHS: Insect bites and stings

NHS: Anaphylaxis

Resuscitation Council UK: First aid guidelines 2025

Approved for publication 30 October 2026. Original illustrations; general information, not an individual diagnosis. Follow advice from your treating team.