



***Summer Wellness Tip***  
***Preventing & Treating Bee Stings***

**SCL Physicians-Occupational Medicine**

SCL Physicians-Occupational Medicine is a one stop shop for your workers' compensation injury care and employee testing (pre-hire or annual employment exams) needs in the Denver Metro area. If you have any questions regarding our services or would like to speak to us about setting up an account, please reach out to Jerad Degenhart at 303-272-0755. Our wellness tip of the week is preventing mosquito bites.

Wellness tip is preventing and treating bee stings.

Did you know, not to swat bees away? They respond negatively to that. Rather, stay still.

Cover soda cans so they don't sting you on the lips, tongue. Avoid fragrances when outdoors.

If stung, wash well, apply ice. Look for any evidence of stinger left in your wound.

If you develop difficulty swallowing, eyes tearing, voice going, call # 911 so they can treat you with an Epi Pen (Epinephrine auto injector) immediately along with other medications enroute to the hospital. If you own an Epi Pen, check the expiration date now. Keep your pen out of extreme temperatures.

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