



## How To Defend Your Family From Stinging Insects

(NAPSA)—You can protect yourself from bee and wasp stings that are not just painful—but can be deadly to sensitive individuals. Every year, as many as 100 Americans die as a direct result of bee and wasp stings. Fortunately, there are steps you can take to protect yourself and your family.

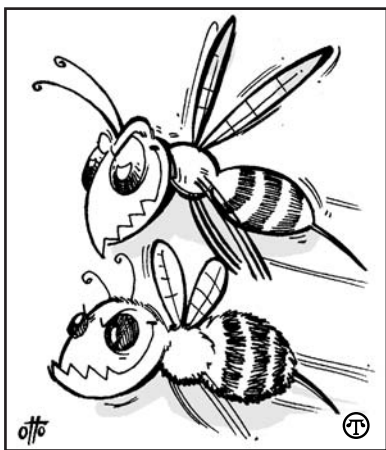
To defend your home and your family from stinging bees and wasps, the National Pest Management Association (NPMA) recommends the following:

- Be aware of stinging insect nesting areas and use extreme caution when around them. Bees and wasps can build their nests in attics, crawl spaces, building corners, soffits, under eaves and gutters and even in some places you can't see, such as under patio furniture, decks and even underground. A pest control professional can assist you with identifying all nesting areas, even hidden ones, and properly removing them.

- Bees and wasps can also build their nests inside structures. It is advisable to seal exterior cracks and crevices to prevent the insects from entering and building their nests.

- Don't try to remove a nest yourself. Bees and wasps sting not only to protect themselves, but to protect their entire colony, including family members. That's right—all the wasps or bees in a colony are related. They have their family's best interest at heart and that's not good for homeowners.

- Stinging insects are also fond of open garbage cans and exposed food. They are attracted to open soda cans, fruits, snacks and other items. Cover all food when outdoors. Be sure to keep tight-fitting



**Trying to remove stinging insect nests yourself could put you in danger.**

lids on garbage cans and empty them regularly.

- When spending time outdoors, avoid excessive use of fragrances, such as those found in shampoos, hair sprays, perfumes, colognes, lotions and other products. It is wise to opt for fragrance-free varieties of those products, since bees and wasps are attracted to those scents.

- If you have an allergic reaction to an insect sting, seek medical attention immediately. Insect stings injure or kill more people every year than all other venomous animals combined.

"All the more reason to make sure you contact a pest control professional when you're trying to rid your house and property of bee and wasp nests and activity," says NPMA Vice President of Public Affairs Cindy Mannes.

For more information on stinging insects and how to avoid them, visit [www.pestworld.org](http://www.pestworld.org).