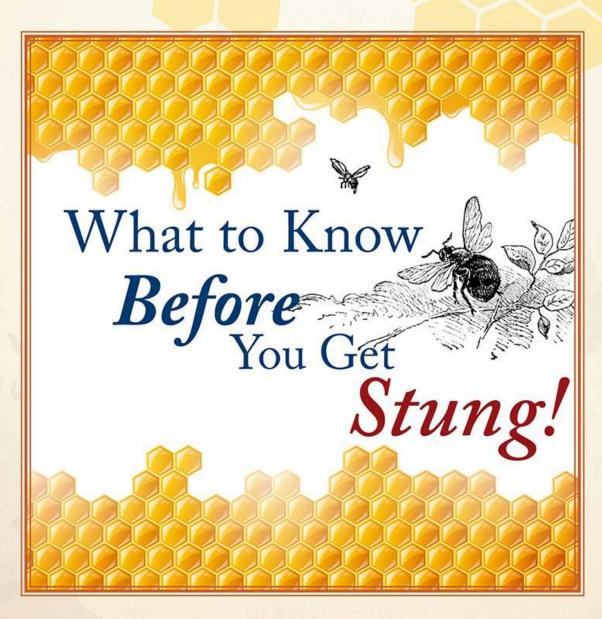
# AIPHIA AIPHIA FIELD+GUIDE to Bee Stings





If only one bee made one pound of honey that bee would search out over 2 million flowers and have to fly approximately 50,000 miles to make that pound of honey.

All of us enjoy honey; that sweet sugary substance that is so good for us. One pound of honey is made by up to 560 bees working all at the same time!

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A bee colony has about 60,000 bees which is made up of Drones, Workers, and Queens. All of the work in their home, also known as a hive, is performed by the female worker bees. The female worker bee and the queen can each create a drone bee. The guys, aka drones, get a life of leisure which main purpose is to mate with the queen. Not too shabby guys, huh?! They have larger eyes than the worker or queen bee to better find the queen during their mating flight. Drones are typically born between June to November.



# If you happen to see a big ball of bees hanging from a tree limb or a building, the bees are most likely swarming.

One pound of bees hanging from the branch is approximately 3300 bees. A swarm happens when the original hive has gotten too crowded. Typically, 1000 to 20,000 worker bees will take a newly made queen and swarm; looking for a new, uncrowded, and safe place to build their home.

Usually, the first stop is not very far from the original hive. The swarm sends out some bee scouts. The bee scouts can take anywhere from 1 hour but up to 3 days, to find a more suitable spot.

The swarm only takes a 3 day supply of honey to live on so it is imperative a new location is found quickly. The other bees surround the queen keeping it safe.

Although it looks scary, remember it is only a temporary location. Based on the excitement level of returning scouts a new permanent home is determined. The bees look as if they are dancing; shaking their bodies to show the location. She has to convince other bees to go check out the spot she found so that they come back promoting the same location. So shake away!

To put it in perspective, 20,000 bees is about 6 pounds of bees! But do not fear! The bees are not aggressive during this time. They will only attack if someone is directly damaging their colony. Give them the three days to see if they move on. If they don't, live removals are perfect for this type of bee colony.



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## Work, Work, Work... It's off to work we go!

The saying, "Busy as a bee" describes bees exactly.

They are always doing something!

Female bees start to work as soon as they have chewed themselves out of their cell.

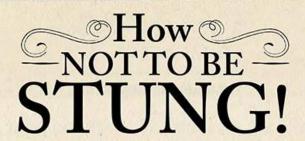
They turn around and immediately clean the cells they just came out of. If only we could get our kids to clean their rooms like that!

As they grow they then move on to feeding the babies, otherwise known as brood. Additionally, like we drive to the grocery store to shop for food some of the bees are tasked to fly up to 5 miles to forage for nectar and pollen on flowers. Once the 'groceries' are brought back to the hive there are other bees tasked to process and make the beeswax and honey. This liquid

gold is then watched over by the guard bees against the bee robbers from other hives and other stinging insects. If they are not careful bee robbers can steal all of their honey causing a hive to not make it through the winter. All of this is done by the female workers. They even have undertaker bees that take the dead bees inside and dispose of them outside of the hive!







Do not shoo bees away with your hand or swat at it like a fly. That will just make it angry and it will defend itself even more. When you see a bee buzzing around you or your child, remain calm. Remember to breath! Let it fly around you. Let it land on you. When you stay calm it will soon realize you do not

have any pollen or nectar and move on unless you give it a reason to do otherwise! Remember, they do not want to die but will if defending themselves or their hive.

Minimize the amount of perfume or cologne if you wear. If you are allergic to bees do not where any perfume or cologne

When wearing fragrances that make us smell like a flower; the bee thinks we are a flower. It will be attracted to the same smelland be searching for available nectar. Minimize the amount you wear or do not wear any fragrance at all.

Soda cans and other sugary drinks and fruit are huge attractants for foraging bees.

The sugary fruit and soda attracts both bees and wasps. It makes their job so much easier! Whenever outdoors, be sure to look at the fruit before taking a bite. Even more so, if you are working, picnicking, camping or just having a soda outside take a look into the opening of the soda can before drinking from it. Sometimes bees and wasps land on the opening of the can, fly inside and then can't get out. You then get stung as soon as you tip the can back and the bee flows with the liquid into your mouth. Bee aware!

Do not wear prints that make you the flower!

Bright colors on your shirt will look like the bright colors of a flower. Think beige, browns, whites...think what colors bees like... and avoid wearing those colors. Wear long pants, long sleeves and shoes when walking, especially on the grass.



## If All Else Fails...

## If after doing all the above, you still get stung, don't give up! There is something more that you can do!

Bees sting what they believe are intruders. This is their defense since they believe you are attacking them or their hive. When a bee stings someone, it leaves it stinger along with the barb attached behind in its victim. The sac that holds the venom is usually attached. The bee also sends out a pheromone which calls upon the other bee members to help defend their home. This pheromone puts the bees into an attack mode. We would do the same if our home was being invaded!

#### STAY CALM! There are ways to minimize the damage done.

Take a few deep breaths, calm yourself or your child down. I usually find a popsicle at this point is a great way to calm someone down!

#### Then follow these steps:

- 1. If there are multiple bees flying around, slowly walk away from the area. Do not run. Go as far as you can until you notice the other bees are no longer following you. Bees will forage up to 5 miles from their hive so if there was only one foraging bee that you happen to be so 'lucky' to get stung by, it is okay to stay where you are.
- 2. Check for allergic reaction symptoms like hard to breath, wheezing, swelling of tissue in the mouth or throat, or on a lot of area of your body other than where you were stung. Immediately seek emergency help if these symptoms are present by calling 911. If you know you are allegic to bee venom have a discussion with your doctor to see if they recommend for you to carry 6. a couple of Epi-Pens which contain epinephrine.
- If no allergic reaction occurred, look to see where the stinger is. All worker honey bees lose their stinger (and their life) when they sting someone.
- Locate the venom sac. It should be at the back end of the stinger farthest away from your skin. It looks like a small bag. Whatever you do DO

- NOT squeeze or grab the sac. This sac holds the venom. If you squeeze the sac you will be pushing the venom into you. That's a NO-NO!
- 5. After locating the stinger & sac, use your fingernail, or a plastic flat card (credit or debit it doesn't matter in this case!) or a pocket knife and scrape it off at the base of your skin and the bottom of the stinger that you can still see. If you choose to use tweezers grab the stinger closest to your skin. Remember, your goal is to remove the stinger and sac without pushing the venom into you. The faster you remove the stinger the less venom will be released into the site of the sting. Speed is of essence.
- 6. Once the stinger has been removed it is good to wrap some ice in a towel and put it on the red area where stung for 10 minutes and off for 10 minutes. Keep the area elevated to help reduce swelling. WebMD recommends to, "take an antihistamine and use a hydrocortisone cream to relieve swelling and itching."

On the positive as noted at honeybeeworld.com; as studied by Dr. David B. K. Golden, MD, only "5 percent of our population is allergic to honey bee venom." Hopefully, that will bring you peace of mind if you should happen to be stung by a bee.



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