

**FOR IMMEDIATE RELEASE**

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**Be cautious of bees in Cerritos**

Following a recent bee attack at the Los Angeles County Regional Park in Cerritos, the City of Cerritos would like to offer the following precautions to avoid encounters with a swarm of bees:

- Run from the bees or nest as quickly as you can. Bees use a pheromone to alert other hive members of a threat, so the longer you hang around, the more bees will arrive to possibly sting you.
- Cover your head, protecting your eyes and face if possible, without obstructing your vision.
- Get indoors as quickly as possible.
- If no shelter is available, keep running. Several types of bees can follow you for as far as a quarter of a mile, however, if you run far enough, you should be able to lose them.
- Whatever you do, don't stay still. Bees will NOT stop if

(more)

you simply "play dead."

- Don't swat at bees or wave your arms to fend them off. This will only confirm to them that you are a threat and you are likely to be stung even more.
- Don't jump into a pool or other body of water to avoid the bees. They can and will wait for you to surface, and will sting you as soon as you do.
- If someone is being stung by bees and cannot run away, cover them with anything you can find and then run for help.

If you are stung, carefully monitor yourself for any unusual reactions. Wash the sting sites with soap and water to avoid infections and use ice packs to reduce swelling and pain. If you are allergic to bee venom or suffer multiple stings, seek medical attention immediately.

If you spot a bees nest at a City of Cerritos park or facility, report it to the facility office or contact the City's Public Works Department at (562) 916-1220 for assistance. If you find a nest on your property, never try to deal with the situation yourself. Call a licensed pest control agency to remove the bees.

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