

# Insect Safety

## TAKE THE STING OUT OF OUTDOOR ACTIVITIES

Bugs, including mosquitoes, ticks, fleas, and flies, can spread diseases such as malaria, yellow fever, Zika, and Lyme. While some cases are mild, these diseases can be severe and have lasting consequences.

For most people, insect stings cause temporary redness and pain. But for others, they can trigger a life-threatening emergency.

### PREVENTION:

- When going outside, wear light-colored clothing and cover as much of your body as possible
- Avoid perfume, cologne, or scented soaps
- Apply insect repellent
- Do not use products containing oil of lemon eucalyptus (OLE) or para-methane-diol (PMD) on children under 3 years old
- Do not apply insect repellent to a child's hands, eyes, mouth, cuts, or irritated skin
  - Adults: Spray insect repellent onto your hands and then apply to a child's face
- If you are bitten by mosquitoes, avoid scratching the bites and apply over-the-counter anti-itch or antihistamine cream to relieve itching
- Know the proper technique for tick-removal – don't pinch or squeeze it!

### IF YOU'RE STUNG by a wasp, hornet, yellow jacket, or bee:

- Clean the area around the sting with soap and water and apply ice or a cold pack
- If the stinger is still in the wound, remove it; do not squeeze the area or the stinger will release more venom
- Seek medical attention if a rash appears or if you experience chills, joint pain or other flu-like symptoms



**Call 911** if you have an allergic reaction or experience anaphylaxis, a condition which can cause the throat and tongue to swell, resulting in difficulty breathing.