

Vantage Pharmacy

Melbourne Park Medical Centre, Melbourne Road, Nottingham, NG8 5HL

Tel: 0115 978 7472 | Website: www.vantagepharmacy.co.uk

Email: Pharmacy.FJN60@nhs.net

 Like us on Facebook @VantagePharmacyNottingham

Opening Times

Monday - Friday 8.30am to 7pm

Saturday, and Sunday Closed

Bank Holidays Closed

Your FREE Healthy Living Leaflet for June 2024

1. What insects can bite?
2. What insects can sting?
3. How do insects bite?
4. What causes the sting?
5. What are the symptoms of insect bites?
6. What should I do if I am bitten?
7. When should I get medical advice?
8. What treatment is there for insect bites?
9. How can I avoid being bitten?
10. Which countries could put me at risk of malaria?



Photo [94873382](#) © [Vladvitek](#) | [Dreamstime.com](#)

Answers on the bottom of P2

Insect Bites and Stings

Insect bites or stings are not usually serious and get better in a few days. But sometimes they can become infected or cause a serious allergic reaction.

In the UK, insects that bite include midges, mosquitoes, fleas, bedbugs and although not strictly insects, spiders, mites and ticks, which are arachnids. Insects that sting include bees, wasps and hornets.

An insect bites you by making a hole in your skin to feed. Most insects sting as a defence by injecting venom into your skin. Bites from some

insects can also cause illnesses, such as Lyme disease from ticks,

scabies from mites, and malaria from mosquitoes in certain parts of the world.

The main symptoms of an insect bite or sting are:

- Pain where you were bitten or stung
 - A small, swollen lump on the skin
- The lump may look red. It may be more difficult to see on black or brown skin, but you should be able to feel it.



Photo [77038700](#) © [Dmytro Dudchenko](#) | [Dreamstime.com](#)

What to do if you've been bitten or stung by an insect?

You can often treat an insect bite or sting without seeing a GP. If anything is left on or in your skin, the first thing you need to do is

