

TAKE THE STING OUT OF SUMMER

It's time for outdoor adventures - maybe a nature hike, a dip in the pool or a relaxing backyard barbecue. Being prepared with some first aid basics can help you handle just about anything that comes your way.

Bee stings

If you're stung by a bee or wasp:

- Remove the stinger immediately by scraping or brushing it off with a firm edge, such as a credit card.
- Wash the area with soap and water and apply a cold compress.
- Soothe itching with an oral antihistamine or calamine lotion.
- Be alert for signs of allergic reaction, such as difficulty breathing, dizziness or swelling of the lips, throat or face. Seek medical help immediately if someone appears to be having a severe or allergic reaction to a bee sting. Use an epinephrine auto-injector (if available) and call 911 right away.¹

Mosquito bites

Most mosquito bites do little more than cause itching, redness and general discomfort. For pesky bites, apply calamine lotion, hydrocortisone cream or antihistamine. See a health care provider if you experience severe symptoms, such as fever, headache, body aches and signs of infection.²

Tick bites

If you find a tick attached to your skin, remove it with tweezers and use antiseptic on the bite area.

Contact your doctor if you're unable to completely remove the tick or you have a rash that gets bigger (a bull's-eye pattern may be a sign of Lyme disease). Also see your doctor if you develop flu-like symptoms or if the bite site looks like it's infected.³

Poison ivv

Take the following steps if you come in contact with poison ivy, poison sumac or poison oak.

- Rinse skin immediately with rubbing alcohol or soap and water.
- Scrub under nails with a brush.
- Apply a cold, wet washcloth to the affected area.
- Soothe itching with an oatmeal bath, calamine lotion or an antihistamine.

See a doctor if a rash develops on the face or genitals. Seek emergency medical help for signs of severe allergic reaction, such as swelling or difficulty breathing.⁴

Sources:

- 1. WebMD. "Treatment of Bee and Wasp Stings." https://www.webmd.com/first-aid/bee-and-wasp-stings-treatment#1 (last reviewed/updated May 15, 2018).
- 2. Mayo Clinic. "Mosquito bites." https://www.mayoclinic.org/diseases-conditions/mosquito-bites/symptoms-causes/syc-20375310 (last reviewed/updated July 27, 2018).
- 3. Mayo Clinic. "Tick bites: First aid." https://www.mayoclinic.org/first-aid/first-aid-tick-bites/basics/art-20056671 (last reviewed/updated December 14, 2018).
- 4. Centers for Disease Control and Prevention. "Poisonous Plants." https://www.cdc.gov/niosh/topics/plants/symptoms.html (last reviewed/updated June 1, 2018).

This is general health information and not medical advice or services. Always consult with your doctor for appropriate examinations, treatment, testing, and health care recommendations.

Together, all the way.



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