

Education

BUG BITES & STINGS

Prevention:

- * Avoid areas where insects nest or congregate, such as stagnant pools of water, garbage cans, uncovered foods and gardens where flowers are in bloom
- * Do not use scented soaps, perfumes or hairsprays on your child
- * Wear non-fluorescent clothing to help decrease the chance of a bee sting, and dress in long pants and lightweight long sleeved shirt
- * Apply insect repellent with less than 30% DEET every 3-4 hours to children greater than 6 months old
- * It is a good idea to lightly spray the child's clothing, avoid the child's eyes and make sure the child's hands are washed well to prevent rubbing in the eyes

Local Reaction:

Description: local inflammatory reaction (lasts 1-3 days)

- * Redness, swelling/edema, itching
- * Usually worse on the hands and face
- * NOT an allergy!!! (unless it spreads beyond the site of the bite)

Treatment:

- * Cold compress and elevation (if there is swelling)
- * Topical treatments: Benadryl cream, anti-itch creams and/or hydrocortisone 1% cream 3x/day
- * Oral treatments: Benadryl for itching if topical treatment isn't helping
- * If bee sting: can try meat tenderizer on the area of redness, after removing the stinger quickly and completely. Remove by gently scraping it off horizontally with a credit card or fingernail.

Systemic/Allergic/Generalized Reaction:

Description:

- * HIVES (raised welts) or itching all over the body!!
- * Drop in blood pressure (dizzy or light-headed)
- * Respiratory distress (swelling of tongue, mouth, face; shortness of breath/cough/difficulty breathing)

Treatment: (after calling our office)

- * Call 911 or to Emergency Room immediately!!
- * EpiPen kit (if known allergy)
- * Oral Benadryl
- * Referral to allergist for evaluation

Watch for a secondary infection at bite sites:

- * Usually occurs 3-4 days after the bite
- * Increased swelling, redness, firm and tender at the site after 3 days
- * Red streaking away from the bite site or yellow or foul smelling drainage at the site
- * Fever

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