



# St Lawrence Surgery Self Help

## Insect Bites and Stings



*"Being a mother of 3 children, when they get bitten I apply after bite or anthisan cream to avoid possible infection. These products are available in most chemists or superstores"  
comment from Dr Joslin*

## PREVENTING INSECT BITES AND STINGS

- Move away slowly, don't panic or wave your arms if you encounter wasps or bees
- Cover exposed skin (especially at sunset and sunrise when insects are most active)
- Apply insect repellents to exposed skin
- Avoid using products with strong perfumes
- Never disturb insect nest - contact local pest control
- Keep food and drink covered when outdoors
- Keep windows and doors closed or put thin netting up

## TREATING INSECT BITES AND STINGS

- Do NOT scratch!!
- Wash the affected area with soap and water
- Place a cold compress over the affected area to reduce swelling
- Take an antihistamine tablet to reduce the swelling or apply antihistamine or mild hydrocortisone cream

**Top Tip:** to eliminate the itch apply lemon juice or vinegar

**Tick Bites:** use tweezers to firmly grasp the tick close to its head and as close to your skin as possible and pull, do not twist

## WHEN TO SEEK HELP

Contact the triage team if your bite or sting has pus, lots of swelling, blisters, feels tender to touch or if you feel unwell with flu like symptoms

**Dial 999 and ask for an ambulance if you experience wheezing or difficulty breathing, nausea, vomiting or diarrhoea, fast heart rate, dizziness or feeling faint, difficulty swallowing or confusion.**