

Bug Bites and Stings

Call the doctor if your child:

- Call 911 if your child has trouble breathing, dizziness, or swelling of the face. These may indicate a severe allergic reaction.
- Call your child's doctor if your child gets a rash all over his body.

- If you were unable to remove the whole tick from your child's skin.
- If your child develops a rash within a month of the tick bite. The rash may look like a pink circle or bull's-eye.
- If the area around the bite appears infected (red, swollen, and draining liquid).

- If your child develops any of the following symptoms:

- Headache, Fever (See Fever section)
- Chills, Fatigue
- Stiff neck or back muscle or joint aches
- Swollen neck glands



Call

Bug and Tick Bite Prevention

Insect repellents will keep biting insects like flies, ticks, and mosquitoes away. But they will not protect your child from stinging insects like bees, wasps, and hornets.

- Choose a repellent with less than 30% DEET for your child. Higher amounts of DEET do not provide more protection against bugs.
- Spray repellent in open areas, away from food.
- Apply repellent to the outside of your child's clothes and any exposed skin areas.
- Do not spray repellent directly on a child's face. Spray it on your hands first, and then wipe your hands on your child's face. Avoid your child's eyes and mouth.
- Do not use insect repellent on a child younger than 6 months.
- When back indoors, wash your child with soap and water to remove the repellent. Wash the clothes before your child wears them again.
- Dress your child in long sleeves, pants, and a hat to prevent bites.
- Teach your child to stay away from bee hives and hornet nests.
- Check your child for ticks after playing outdoors, etc.
- Check your child for ticks after playing outdoors near wooded areas or tall grasses. Pay particularly attention to the scalp, neck, armpits, and groin. Deer ticks are small, so look closely.

What can I do if my child gets an insect bite or sting?

To help reduce pain and itching, wrap ice in a cloth and place it on the bite or sting for 5 minutes.

For bites: Put calamine lotion in the area of the bite to ease itching.

For stings: Look to see if there is a stinger left in the skin. It will look like a small black dot in the center of the sting. You can remove the stinger by gently scraping with your fingernail or the edge of a credit card.

What can I do if my child has a tick bite?

If the tick is still attached to the skin, try to remove it:

- Grasp the head of the tick near the skin with fine-tipped tweezers.
- Pull the tick out of the skin in a slow, steady motion without twisting.
- Clean the bite wound with soap and water.
- Watch the site for development of an expanding red lesion over the next week. If this happens, call your doctor.

Tick Bite Prevention

- Dress your child in long sleeves and pants, and tuck pant legs into long socks.
- Wear closed shoes. Avoid bare feet or sandals.
- Use an insect repellent containing less than 30% DEET.
- Wearing a hat will keep ticks off the scalp.
- Remove any ticks that you find on your child's body.
- Teach your child to stay on cleared trails if walking through the woods.

Bug Bites and Stings:

Bug (insect) bites and stings can be itchy or painful. Your child's skin may get swollen and red in the area of the bite or sting. Stinging insects such as bees, wasps, and hornets have venom in their stingers that causes pain and swelling. In most cases, you can treat bug bites and stings at home. However, some children may have an allergic reaction to the venom, and may need a doctor's attention.

Tick Bites:

Deer ticks are common in the northeastern United States. They are found in forests or grassy, wooded areas from late spring until early fall. You may even have ticks in your backyard. Most tick bites are harmless, but sometimes a deer tick can spread Lyme Disease or other diseases to your child. Early detection and removal of a tick from your child's body is key to prevent your child from getting Lyme Disease.