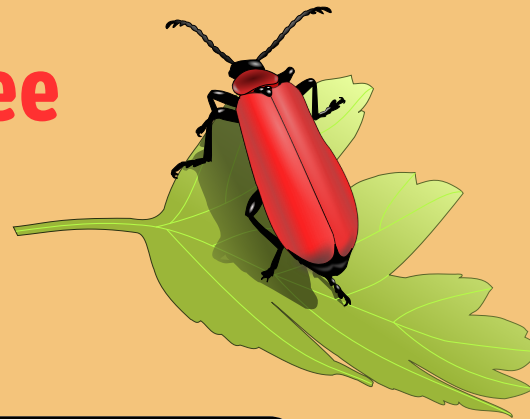




# Bugs Be Gone: Tips for a Bite-Free Summer



*Bugs to look out for during summers*

## 01 Mosquitoes

Mosquitoes may carry viruses causing serious illnesses such as **West Nile** and **Eastern Equine Encephalitis**



Prevention

Cover up your skin and use US Environmental Protection Agency (EPA) approved insect repellants.

Bite

Bite sites have raised red-surfaces and itchiness.

Treatment

Hydrocortisone, calamine lotion or ice packs may help with the itchiness.

Ticks commonly carry **Lyme disease** and **Rocky Mountain spotted fever** and their bites may cause severe allergic reaction with pain

## 02 Ticks

Use insect repellants and cover up to prevent the bites. Wear closed shoes when out in wooded area.

Prevention



Watch closely, the bite sites typically have the tick still attached to it.

Bite

Remove ticks gently using tweezers to prevent the mouth from breaking off. Wash the bite area with rubbing alcohol or soap water and consider getting the tick tested for serious diseases.

Treatment

## 03 Ants

Most ants are harmless, but **fire ants** may give serious bites if you get close to their nest



Prevention

Bites are in a circular pattern with painful blisters that burn and itch.

Bite

Avoid fire-ant mounds. Move away as quickly as possible and brush off any ants if you disturbed them accidentally.

Treatment

Ice may help with relief pain. If swelling occurs, it may suggest an allergic reaction and you may need medical attention.

**Yellow jackets and wasps** have black and yellow stripes with sleek and shiny bodies. They can give you a serious sting.

## 04 Bees

Move away if you find yourself near wasps or yellow jackets.

Prevention



Sting feels like sharp pain before developing into a red, swollen and itchy welt.

Bite

Hydrocortisone, calamine lotion or ice packs can help with itchiness.

Treatment

## 05 Spiders



Some spider bites are dangerous such as of those of **Black Widow spiders** or **Brown Recluse spiders**

### Prevention

Avoid outdoor areas that are a known spider hotspots.

### Bite

Bite area will turn red and white and develop into a painful blister.

A black widow spider bite is identified by two fang marks.

### Treatment

Seek medical attention if you know you are bitten by a black widow or brown recluse spider.

*Common skin conditions that may occur after a bug bite or sting*

Bites from bugs often causes a lot of itching. Scratching the area may make it feel better, but breaking the skin can transfer bacteria from your hand into the bite. This can lead to serious skin infections.



### Impetigo

Impetigo is a skin infection caused by a bacteria



### Cellulitis

In cellulitis, bacteria invade the skin and underlying tissue leading to swelling, redness and painful, warm skin



### Lymphangitis

Lymphangitis is an inflammation of lymphatic vessels caused by bacterial infection

*When to contact a doctor for infected bug bite ?*

- If you have fever above a 100° or other signs of a widespread infection, such as chills, weakness, muscle cramps, or confusion/disorientation
- If a child has any signs of an infected bug bite
- If you have signs of lymphangitis, such as red streaks extending from the bite
- If you develop sores or abscesses on or around the bite or redness or discoloration from the bite, and it gets bigger a few days after the bite
- If the pain around the bite gets worse over a few days after the bite
- If the infection doesn't get better after using an antibiotic ointment

*When to call 911 or seek emergency care promptly ?*

**If you have the following symptoms after a bug bite or sting, seek emergency care:**

- Severe headache with fever
- Trouble breathing or swallowing
- Fast pulse and excessive swelling
- Nausea, vomiting or cramping
- Slurred speech
- Excessive sweating and excess saliva in the mouth
- Numbness, pain or stiffness in body and joints
- Sensitivity to light

### Important Community Resource:

- If you are a Connecticut resident and have a tick removed from the bite site, then the tick can be tested for many diseases such as **Lyme disease, anaplasmosis, and babesiosis.**
- Ticks should be **submitted to the Waterbury Health Department.** We will submit the test request to the Connecticut Agricultural Experiment Station, where tick testing is performed as a public service and there is no fee.
- **Call the Health Department at 203-346-3903** if you need more information on tick testing or visit the link: <https://portal.ct.gov/caes/tick-office/tick-office/information-on-submitting-ticks>

## Sources

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