

# Treat Bug Bites Checklist

By Lauren Meir

- ☐ Mosquito Bite: An Itchy Pink or Red Bump of Varying Size
  - ☐ Wash with soap and cold water This seems pretty basic but it's been known to work.
  - ☐ Make an "X" by pressing your fingernail into the bite Whether or not this drains the poison is dubious, but it can alleviate itching temporarily.
  - ☐ Apply Aloe Vera The green gel is not just for sunburns. Try it on your bug bites and ease the itch.
  - ☐ Mix a thick paste from baking soda and water Allow to dry and then wipe off.
  - ☐ Dab ;calamine ;lotion or an "after-bite" remedy on the sting Beware, though, that if you scratch the bite before applying an after-bite solution, it may sting a little.
  - ☐ Take an over-the-counter anti-histamine like benadryl for ;persistent ;itching.
  - ☐ Avoid Scratching. Itching will only make it worse!
- ☐ Fly Bite: Small, Painful and Itchy Red Bumps around the Bite
  - ☐ Wash the area with soap and water.
  - ☐ Ice it Often Apply ice to the bite in 15-minute intervals, several times a day or until pain and itching subsides.
  - ☐ Apply an over-the-counter bug bite remedy that contains ammonia, such as after-bite.
  - ☐ Avoid Scratching If you break the skin, you can cause scarring or infection.
- ☐ Bee or Wasp Sting: A Painful or Burning Raised Red Welt
  - ☐ Carefully Remove the Stinger Use a credit card to gently lift it from the sting.
  - ☐ Wash the affected area with soap and water.
  - ☐ Ice It Apply an ice bag or cubes of ice to the sting in 10-minute intervals.
  - ☐ Take an over-the-counter anti-inflammatory or pain reliever such as ibuprofen.
  - ☐ Call the doctor immediately if you develop hives, severe swelling or pain.
- ☐ Fire Ant Bite: Bites start as Itchy Red Bumps and Transform into Fluid-Filled White Blisters
  - ☐ Clean the affected area with soap and water.
  - ☐ Apply calamine lotion or other ;hydro-cortisone ;cream to relieve the itch Apply as often as needed.
  - ☐ If you experience pain or severe swelling, contact a doctor immediately.
- ☐ Spider Bite: A Small Red Sore, Sometimes Accompanied by Nausea or Muscle Cramps

- ☐ Clean the bite with soap and water.
- ☐ Ice It (almost) Nonstop For the first few days, apply ice every 20 minutes. Apply enough ice as to where it's uncomfortable. Extreme cold will slow the venom from spreading.
- ☐ Take an-over-the-counter pain reliever containing acetaminophen.
- ☐ Kill the Spider. If you see it still around, make sure it's dead!
- ☐ Contact a doctor or go to the Emergency Room immediately if pain worsens or other symptoms appear.
- ☐ Tick Bite: Tick On Your Skin; Itchy or Burning Sensation
  - ☐ Use tweezers to gently extract the tick from your skin.
  - ☐ Avoid applying too much pressure - don't squash the insect's body as it may contaminate the bite and increase your risk of contracting disease.
  - ☐ Place the tick in a small jar of rubbing ;alcohol ;to kill it You should keep the tick in the jar for at least 3 months, in case you develop any symptoms of disease.
  - ☐ Thoroughly clean the bite area with soap and water.
  - ☐ Tick bites can be especially dangerous since ticks can carry Lyme Disease and other illnesses, so keep watch on your bite.
  - ☐ If you develop any flu-like symptoms, contact a doctor immediately Bring the preserved tick with you for testing.