

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.