

# Insects and Other Bugaboos

## General Prevention

Avoid perfumes, scented soaps and sprays. Do not have sweet foods/drinks or open trash around play areas. Wear closed shoes, socks, long pants and long sleeves around bugs. Apply repellent with DEET to clothing only.

## Bee Stings

Scrape the stinger out with tweezers or a fingernail. Don't pull it out. Don't squeeze the area, that releases more venom. Apply ice, cold compresses or a baking soda paste to relieve pain. In case of allergic reaction, call 911 immediately and use a bee sting kit if you are familiar with its use. Treat wasps as above, but they do not leave stingers.

## Ticks

Check frequently for ticks when in woods or grassy areas and again when you get home, especially hairline, underarms, and groin. If you find a tick, remove it with tweezers, pulling firmly but slowly. Clean the area thoroughly. Contact a physician if the head remains, if there is redness or swelling, or you suspect you've been bitten by a deer tick..



*Male deer tick is shown in its blood-engorged state. The original size is no larger than the head of a pin.*



For more Fact Sheets please go to [www.ParentHelpNH.org](http://www.ParentHelpNH.org)

Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services, NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org