

Summer is well on its way and so is the battle of the bugs and bites! Spiders, ticks, mosquitoes, wasps and bees oh my!

Prevention is key!

There are many ways to help prevent bug bites:

- Wear lighter colored clothing. If appropriate loose long sleeves can be helpful.
- If you are in an area that may have ticks wear pants and keep them tucked inside your socks or boots. Remember to check your skin at the end of your outing!
- If you need to apply both sunscreen and repellent with DEET, apply the sunscreen first and let it soak into the skin for about 15 minutes, then apply the repellent (albertahealthservices.ca).



When to seek help for a bug bite?

Most bite symptoms pass after a few days but if there is significant swelling, bruising or pain at any time then the bite may be more severe.

- Seek help if redness spreads beyond the bug bite.
- If you find a tick on yourself remove it gently, with tweezers pulling the tick straight out. Place the tick in a clean, empty pill bottle, or zip lock bag. Call ahead to Environmental Public Health or 811 to find out how to submit the tick for bacterial testing (albertahealthservices.ca).
- Seek help if a round, red rash that spreads at the site of a tick bite is present and/or flu-like symptoms occur.

Head to the emergency room if you experience any throat swelling or tightness, chest pain, dizziness and vomiting (huffingtonpost.com, 01/09/2016).

Animal Exposure (albertahealthservices.ca)

- Avoid close contact with wild animals when possible.
- Prevent bats from entering living quarters.
- Do not provoke or handle snakes.
- Avoid all contact with wild birds.

If you're bitten by an animal:

- Wash the wound thoroughly with soap and water
- Get medical attention immediately

Remember summer is a wonderful time to enjoy the outdoors but always consider prevention.

References:

The Huffington Post. (2016, September 01). So THAT'S When You Should See A Doctor For A Bug Bite. Retrieved July 18, 2018, from https://www.huffingtonpost.com/entry/how-to-tell-if-a-bug-bite-needs-medical-attention_us (n.d.). Retrieved July 18, 2018, from <https://www.albertahealthservices.ca/assets/news/advisories/ne-pha-tick-information.pdf> (n.d.). Retrieved July 18, 2018, from <https://www.albertahealthservices.ca/info/Page14158.aspx>