



## WHAT TO DO WHEN YOU HAVE : A BITE OR STING

Reactions to insect bites or stings are caused by toxins that are injected into the skin at the time of the bite. Your reaction depends on your sensitivity to that insect's particular toxin or poison. Most insect bites and stings are not serious, and do not require medical intervention, although there is a small percentage of people that will develop an allergic reaction and may need emergency treatment.

### WHAT CAN YOU DO TO HELP?

- Gently scrape off the stinger. Avoid grasping the stinger and pulling it out, because this will force more poison into the sting.
- Wash the area thoroughly with soap and water
- For itching and /or burning, apply calamine lotion to the area of the sting/bite.
- To help reduce pain and swelling, apply ice or a cold pack
- For a child, be sure to keep fingernails clipped and clean to reduce the chance of infection from scratching.

### CALL FAMILY MEDICAL IF:

- You develop a red ring with a clear area in the center after a tick bite that gets larger over several days
- You develop flu like symptoms like headache, fever, fatigue, sore throat, swollen glands, muscle or joint pain

### Call 911 or seek emergency attention if:

- You have difficulty breathing
- You feel dizzy or faint
- You develop hives or welts all over your body
- You have swelling of the face or other areas of the body way from the area of the sting or bite.

\* We recommend using insect repellent that contains DEET at 30% concentration (the maximum concentration recommended for infants and children). DEET should NOT be used on children under 2 months of age.



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