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SPECIALISTS IN FIRST AID, SAFETY, SPILL & FIRE EQUIPMENT FOR OVER 56 YEARS.

Bug Bite & Sting **First Aid Tips**

As the weather gets nicer, the more we find ourselves being bothered by something we didn't miss during the colder months – bugs. Most insect bites and stings cause minor problems that can be treated at home – such as swelling, redness, or itchiness at the site. However, with allergies and diseases found in some pests, it is important to know what to do if an adverse reaction occurs.

Call 911 or your local emergency number if:

- There are any signs of an allergic reaction to the sting. A serious reaction may be fatal. Watch for difficulty breathing, swelling of the airway passages, confusion, and unconsciousness.
- Administer epinephrine (Epi-Pens) if the person carries this lifesaving medication.

For minor mosquito and black fly bites:

- Apply a cold compress or an ice pack to reduce the swelling and pain
- Calamine lotion can be used for itchiness.

For tick bites:

- Use tweezers to pull the tick off the skin, getting as close to the head as possible.
- Wash the area with soap and water & apply an antiseptic ointment to help fight infection.
- Kit Care offers a Tick Removal Kit which contains all the necessary products for tick removal.

For bee or wasp stings:

- A bee will leave behind a stinger attached to a poison sac. Remove the stinger from the skin by scraping it with the edge of a credit card or nail file. A wasp does not leave behind a stinger.
- Wash the area with soap and water & apply an ice pack – wrapped in a cloth.
- Ask your doctor or local pharmacist for advice on over-the-counter anti-itch medication, antihistamines, and pain medication such as acetaminophen, ibuprofen or naproxen.

See your doctor if you notice:

- Signs of infection – fever or increased swelling or pain.
- Signs of Lyme disease or West Nile virus – a rash, fever, headache, weakness, muscle pain, or flu-like symptoms.

To prevent bug bites, avoid areas with stagnant water, wooded areas and being outdoors during dawn and dusk, when insects are most active. When outdoors, cover up as much skin as possible with pants, long-sleeve shirts, socks, and a hat; using insect repellent can also help. The most effective repellents contain DEET, but they must be used carefully to prevent side effects. Your local Kit Care representative can help you select the right products to protect you, your family, and your employees, and we can advise you on how to use them properly.



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