



Bug bites

Insect bites look like red bumps or hives. In younger children they can blister.

- A large hive at the site does not mean the child has an allergy.
- Most bites are itchy for several days. Swelling may last 7 days.
- Bites on the upper face can cause severe, harmless swelling around the eye for several days.
- Swelling is worse in the morning.

Most mosquito bites happen on exposed skin. Cover up to prevent bites.

Use insect repellent after sunscreen. Do not use a combination of sunscreen and insect repellent. These combined products can cause your skin to absorb more of the repellent.

Most mosquito, chigger, flea, and bedbug bites are itchy.

To relieve the itching:

- Put 1% hydrocortisone cream on the bite 4 times a day until the itch is gone.
- Make a paste of 1 teaspoon baking soda and a little water to make a paste. Put the baking soda paste on the bites.
- Hold an ice cube in a wet washcloth on the bites for 20 minutes.
- Hold firm, sharp, direct steady pressure on the bite for 10 seconds.

Most horsefly, deer fly, gnat, fire ant, harvester ant, blister beetle and centipede bites are painful and can blister.

To relieve the pain:

- Rub the bite for 15 to 20 minutes with a cotton ball soaked in baking soda and water.
- Hold an ice cube in a wet washcloth on the bite for 20 minutes.
- Take acetaminophen for pain.

What to watch for

Watch for sores, soft scabs, pus, and painful redness around the bite. These could be signs of an infection.

Anaphylactic reactions can occur within 20 minutes to 2 hours after bee, yellow jacket, wasp, or fire ant stings. Most other insect bites do not cause anaphylaxis because they don't have venom.

Call your doctor's office if:

- You still have severe pain after taking pain medicine.
- Infected scabs don't improve after 48 hours of antibiotic ointment.
- There is new redness around the bite after 48 hours.
- Symptoms are getting worse.