

# bug bites



**THOSE WHO THINK BITES CAUSED BY PESKY INSECTS JUST PRODUCE AN ANNOYING BUMP OR EXCESSIVE ITCH SHOULD THINK TWICE.** According to the National Institutes of Health, insect bites cause more deaths from poisoning than bites from snakes.



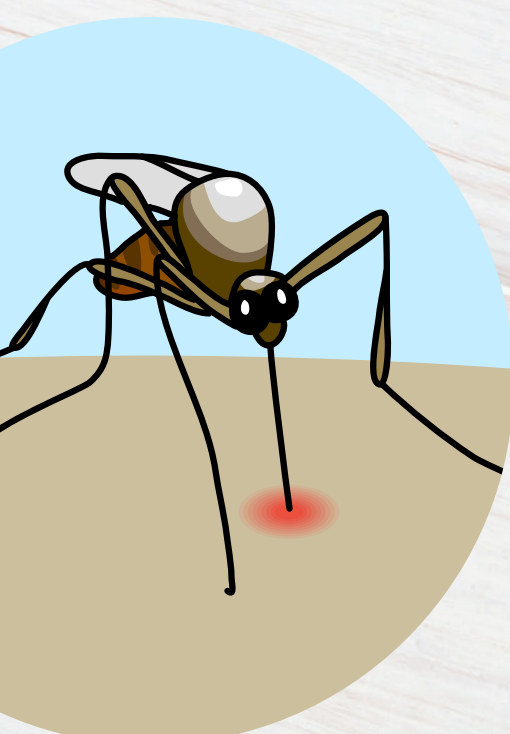
Mosquitoes, ants, flies and ticks have the potential of infecting a person with a viral or bacterial infection. Infections caused from insects are about **11% OF THE WORLD'S INFECTIOUS DISEASES.**



**INSECT BITES THAT BECAME INFECTED MAY SHOW SOME OF THESE SYMPTOMS:**

- Pus may form inside or outside the site
- Glands might be swollen
- Develop a fever and flu-like symptoms
- The site may become redder or more painful

**It's important to see a doctor if any of these symptoms develop.**



**THE RULE OF THUMB: IF YOU HAVE AN INSECT BITE – ESPECIALLY ABOVE YOUR SHOULDER BLADES – AND THEN HAVE A HEADACHE, FEVER AND CHILLS, YOU SHOULD BE SEEN RIGHT AWAY BY A PHYSICIAN.**

## HELP PREVENT INSECT BITES BY FOLLOWING THESE STEPS



**1.**

**BUG REPELLENT** Use a repellent with at least 20% DEET to protect against mosquitoes and ticks. Repellents are most effective and safe when sprayed on shoes and lower legs.



**2.**

**PROPER ATTIRE** Wear boots, a long-sleeved shirt, long pants, and a hat to help provide more protection to the skin. Tuck in shirt and wear socks. Once home, take a shower to help with possible tick exposure.



**3.**

**REMAIN INDOORS** Sleep in air-conditioned rooms with windows shut and restrict outdoor play to the daytime when the risk for mosquito bites is at its lowest.

For more information on insect bites, visit [premierhealthnet.com/familyhealth](http://premierhealthnet.com/familyhealth).

Sources: National Institutes of Health (NIH); World Health Organization; Center for Disease Control and Prevention (CDC); Chris Lauricella, DO, Family Medicine of Vandalia