

Insect bites

During the summer, we spend more time outdoors, there are more insects, and our clothing leaves parts of our bodies exposed. This makes it more likely that mosquitoes, bees, horseflies, and other insects will bite you.

How can we prevent bites?

Clothing: Wear light-colored clothing that covers the body well: long sleeves, long pants, and socks. In the countryside, wear socks over your pants.

Repellents: Avoid continuous exposure to repellents. Those based on pyrethrins are plant-based insecticides; others, such as citronella, are extracted from plants and repel insects with their scent.

Only use repellents when outdoors and only for as long as necessary. Follow the product instructions, especially regarding the number of daily applications. Do not apply to the face. Do not use on children under 2 years of age or, if possible, on the elderly. Do not give to children to apply themselves, and it is very important that their clothing covers them well and those mosquito nets and other physical barriers are used.

When the repellent is no longer needed, wash the skin thoroughly with soap and water. If a reaction to the product occurs, also wash the skin thoroughly with soap and water. If necessary, contact Salut Respon or go to a health center.

Mosquito nets: You can prevent insects from entering by installing mosquito netting on windows, doors, and other openings.

Avoid standing water. Mosquito eggs and larvae live in small amounts of standing water in outdoor areas close to human habitation.

Empty and eliminate any places where water, however small, may be stagnant (washbasins, holes in trees or in the ground, gutters, vases, buckets, ashtrays, toys, plant pot saucers, etc.). To prevent them from filling with water,

turn them upside down. They should be checked twice a week. Water for pets should be changed often. And swimming pool water should always be treated.

What if you get stung?

Wash the affected area thoroughly with mild soap and water and **avoid scratching it**. To reduce **itching**, apply gauze or clean cloth soaked in cold water.

You can also apply cold (ice). If there is no wound, vinegar, alcohol, or an ammonia-based pharmaceutical preparation can be used.

Bees, wasps, etc. leave their stingers in the skin. First, remove the stinger, then wash the affected area thoroughly (if using tweezers, be careful not to push the stinger in further or spread the insect's venom).

The **common mosquito** usually bites after sunset. Therefore, at dusk, you should be careful with your clothing and reduce outdoor activities, especially near puddles and ponds.

The **tiger mosquito** bites repeatedly. Treat it as you would any other mosquito bite: wash and disinfect the area thoroughly and avoid scratching.

When should you seek emergency medical attention?

If, after a bite, you experience: difficulty breathing, significant swelling of the face and mouth, a feeling of tightness in the throat or weakness, loss of consciousness, persistent abdominal pain, fever, joint pain, or if your skin turns blue.

