

MAFES Dawg Tracks

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MISSISSIPPI STATE UNIVERSITY™
MS AGRICULTURAL AND
FORESTRY EXPERIMENT STATION

Safety Tips:

Be Wary of Insect Bites & Stings

Summertime is a great time of the year where we can be outside and enjoy the summer Mississippi climate. As much as I enjoy the 3 seasons of spring, summer and fall, they do have a down side of insects that can cause much irritation with their bites and stings. These bites and stings originate from spiders, mosquitoes, bees, wasps, yellow jackets, and hornets. There are ways to minimize these bites and stings with certain items of clothing such as long-sleeved shirts, long pants and socks. Using insect repellants will help as well.

Following we shall discuss the evils and tips for preventing these insect bites and stings:

Bee Stings-

- ✓ Thousands of people receive bee stings each year. The gurus say that a bee won't sting unless it is provoked. Obviously, I must provoke them.
- ✓ If bees are nearby in your area, try to avoid rapid movements. If a yellow jacket, wasp or hornet lights on you, don't slap or swat it, gently brush it away or blow it away.
- ✓ If you get stung, remove the stinger as quickly as possible. Don't try to grab or pull the stinger with your fingers or tweezers. Gently scrape the area with your fingernail edge or with the edge of a pocket knife.
- ✓ In most people, a sting will linger with localized pain, swelling and redness for about 48 hours. Wash the area with soap and water and apply a cold pack to reduce the swelling. If the symptoms worsen or persist, call a doctor or get medical help.
- ✓ Some folks are allergic to bee stings, which can be very serious and life-threatening, sometimes even fatal.
- ✓ If you or a co-worker becomes dizzy, have the hives, trouble breathing, vomit, get stomach cramps, diarrhea or some other type of severe reaction-get medical help as soon as possible. Don't wonder or hesitate to get help A.S.A.P.!
- ✓ If you have had a severe reaction to an insect in the past – immediately notify your supervisor and get medical attention.

Mosquito and Spider Bites-

- ✓ Bites from mosquitoes and most spiders generally don't cause serious harm, unless you're allergic to spider venom.
- ✓ Avoid scratching bites. Instead wash the area with soap and water-apply a cold pack to the area to reduce the swelling. Ointments or lotions, like calamine lotion will aid in reducing the itching.
- ✓ If you or a co-worker show signs of a reaction from a bite, don't hesitate-get medical help as quick as possible.

Tick Bites-

- ✓ Ticks are small insects that feed on the blood of human beings. Tick bites are painless. So a tick can remain imbedded in your skin for days and go unnoticed.
- ✓ The best way to remove a tick is with small tweezers to grasp it where its mouth parts enter the skin. As you grab the mouth parts with the tweezers, tug on it gently and the tick will generally release from the skin. If it doesn't release or part of the mouth part is still in, you need to get medical help.
- ✓ Wash the area down with soap and water.
- ✓ Some **deer ticks** carry Lyme disease, which can be very serious, if it goes untreated. Deer ticks are much smaller than Hard (Dog) ticks. They are normally found in wooded or grassy areas. When you are in these types of areas, be sure to wear a long sleeve shirt and long pants and socks. It is a good idea for extra protection to stuff your pant bottoms into the socks.
- ✓ If you have been bitten by a tick, show any signs of the following symptoms-see a doctor immediately: rash or a red patch, especially one that spreads over the ending few days, headache, fatigue, pain, stiffness in your muscles and/or joints, a slight fever, or swollen glands.

Other Helpful Tips-

- ✓ Avoid bright colored or floral print clothing, perfume, hairspray, floral-scented shampoos, soaps or deodorants when working in tick -type habitats.
- ✓ Keep trash cans covered and keep eating areas clean after meals or snacks.
- ✓ Also wearing a hat gives you added protection.
- ✓ Try to remember to cover your body areas with insect repellent.

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For more info contact: Risk Mgmt. / Loss Control
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**A BITE OR STING NEGLECTED
MIGHT
BE A BITE OR STING INFECTED!!**