

SUMMER BITES AND STINGS

JACOBS Safety

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Introduction

- **Bites and stings are among the most common forms of injected poisonings.**
- **Some of the most common types of bites and stings are from—**
 - **Insects.**
 - **Ticks.**
 - **Spiders.**
 - **Snakes.**

Signals of Common Bites and Stings

- **Specific signals of common bites and stings depend on—**
 - **The type and location of the bite or sting.**
 - **The amount of poison injected.**
 - **The time elapsed since the poisoning.**
 - **The victim's size, weight, medical condition and age.**

Signals of Common Bites and Stings

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- **Less severe reactions to bites and stings may trigger signals including:**
 - **A bite or sting mark.**
 - **A stinger or venom sac.**
 - **Redness.**
 - **Swelling.**
 - **Pain or tenderness.**
- **Severe allergic reactions to bites and stings may bring on a life-threatening condition anaphylaxis.**

Insects

- **Between 0.5 to 5 percent of Americans are severely allergic to substances in the venom of bees, wasps, hornets and yellow jackets.**
- **When a highly allergic person is stung, call 9-1-1 immediately for medical care.**
- **For most people, insect stings may be painful or uncomfortable but are not life threatening.**

Care for Insect Stings

- **To give care for an insect sting—**
 - **Examine the sting site.**
 - **If the stinger is still present, remove it to prevent any further poisoning.**
 - **Wash the area with soap and water and cover the site, then apply ice or a cold pack.**
 - **Observe the victim for signals of allergic reaction.**

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Ticks

- **Ticks can contract, carry and transmit disease to humans.**
- **Rocky Mountain spotted fever is caused by the transmission of microscopic bacteria from the wood tick or dog tick host to other warm-blooded animals.**
 - **The main signal of Rocky Mountain spotted fever is a spotted rash.**
 - **Other signals of Rocky Mountain spotted fever include—**
 - **Fever.**
 - **Chills.**
 - **Severe headache.**
 - **Joint and muscle aches.**

Ticks

(continued)

- **Lyme disease, or *Lyme borreliosis*, is another illness that people can get from the bite of an infected tick.**
 - **The first signal of Lyme disease is a rash.**
 - **Other signals of Lyme disease include—**
 - **Fever and chills.**
 - **Headache.**
 - **Weakness or fatigue.**
 - **Flu-like joint and muscle aches.**

Protection from Tick Bites

- **To protect yourself from tick bites—**
 - **Wear repellent and proper clothing.**
 - **Check and clean your clothes thoroughly after having been in wooded areas.**
 - **Use precautions when removing a tick.**

Care for Tick Bites

- **Remove the embedded tick.**
 - *Do not try to burn the tick off.*
 - *Do not apply petroleum jelly or nail polish to the tick.*
- **Place the tick in a sealable container for analysis.**
- **If you cannot remove the tick or parts remain, get medical care.**
- **Wash the bite area with soap and water.**
- **Apply antiseptic or triple antibiotic ointment.**
- **Wash your hands.**

Spider Bites

- **Few spiders in the United States have venom that can cause death.**
- **Two spiders that can cause illness and occasionally death are the—**
 - **Black widow spider.**
 - **Brown recluse spider.**
- **Bites usually occur on the hands or arms.**

Spider Bites

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- **A black widow spider bite usually causes a sharp pinprick pain followed by a dull pain in the area of the bite.**
- **Other signals of this spider bite include—**
 - **Muscular rigidity.**
 - **Restlessness.**
 - **Anxiety.**
 - **Profuse sweating.**
 - **Weakness.**
 - **Drooping eyelids.**

Signals of Spider Bites

- **Signals of spider bites may include—**
 - **A mark indicating a possible bite.**
 - **Severe pain in the area of the bite.**
 - **A blister, lesion or swelling at the bite site.**
 - **Nausea and vomiting.**
 - **Trouble breathing or swallowing.**
 - **Sweating or salivating profusely.**
 - **Irregular heart rhythm.**
 - **Muscle cramping or abdominal pain.**

Care for Spider Bites

- **If a person is bitten by a spider (i.e., brown recluse or black widow)—**
 - **Call 9-1-1 immediately.**
 - **Wash the wound.**
 - **Apply ice or a cold pack.**

Snakes

- **Medical personnel are not in general agreement about care for snakebites.**
- **Most deaths from snakebites occur because—**
 - **The victim has an allergic reaction.**
 - **The victim is in poor health.**
 - **Too much time passes before the victim receives medical care.**
- **Signals that indicate a poisonous snakebite include—**
 - **One or two distinct puncture wounds.**
 - **Severe pain and burning at the wound site.**
 - **Swelling and discoloration at the wound site.**

Care for Snakebites

- **Follow these guidelines to care for someone bitten by a snake:**
 - **Call 9-1-1.**
 - **Wash the wound.**
 - **Immobilize the affected part.**
 - **Keep the affected area lower than the heart, if possible.**
 - **Minimize the victim's movement.**

Care for Snakebites

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- **Regardless of what you may have otherwise heard or read—**
 - *Do not apply ice.*
 - *Do not cut the wound.*
 - *Do not apply suction.*
 - *Do not apply a tourniquet.*
 - *Do not use electric shock.*

Preventing Bites and Stings

- **Preventing bites and stings from insects, spiders, ticks, or snakes is the best protection against the transmission of injected poisons.**

Preventing Bites and Stings

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- **Follow these general guidelines to prevent bites and stings:**
 - **Apply repellent.**
 - **Wear sturdy boots.**
 - **Wear long-sleeved shirts and long pants.**
 - **Tuck pant legs into socks or boots and tuck shirt into pants.**
 - **Wear light-colored clothing.**
 - **Use a rubber band or tape where pants and socks meet to prevent ticks or insects from getting under clothing.**
 - **Inspect yourself carefully after being outdoors.**

Preventing Bites and Stings

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- **Showers immediately after coming indoors.**
- **Keep an eye out for and avoid nests.**
- **Spray pets that go outdoors with repellent.**
- **Stay in the middle of trails when hiking.**
- **Avoid walking in areas known to be populated with snakes.**
- **Make noise as you walk.**
- **If you encounter a snake, walk away on the same path you were on.**