

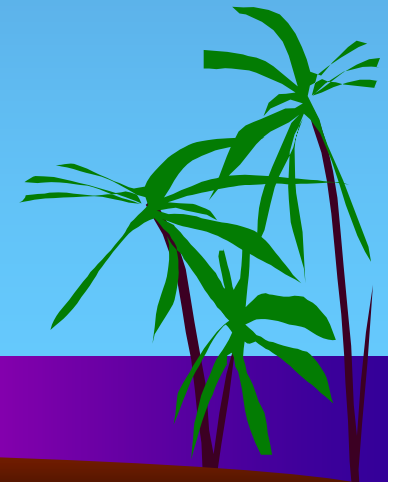
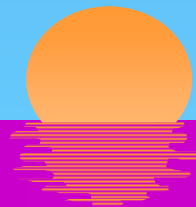
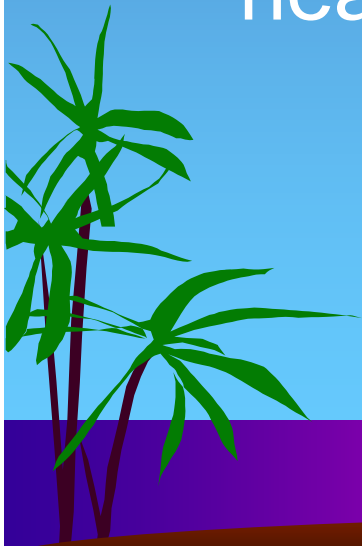
# The Sting of Summer

Covering a Few of the Hazards of  
the Summer Months



# Let's Talk About The Sting of Summer

- With increased temperatures, many bugs become very active.
- Often these bugs are just a nuisance, but these insects can cause many health related problems.



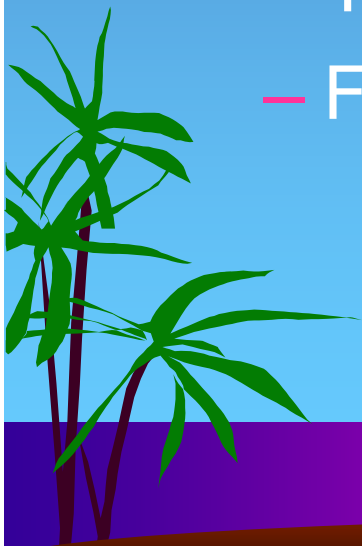
# The Stinging/Biting Bugs

- Common Ones:

- Bees
- Wasps
- Hornets
- Yellow Jackets
- Fire Ants

- Some Uncommon Ones in this area:

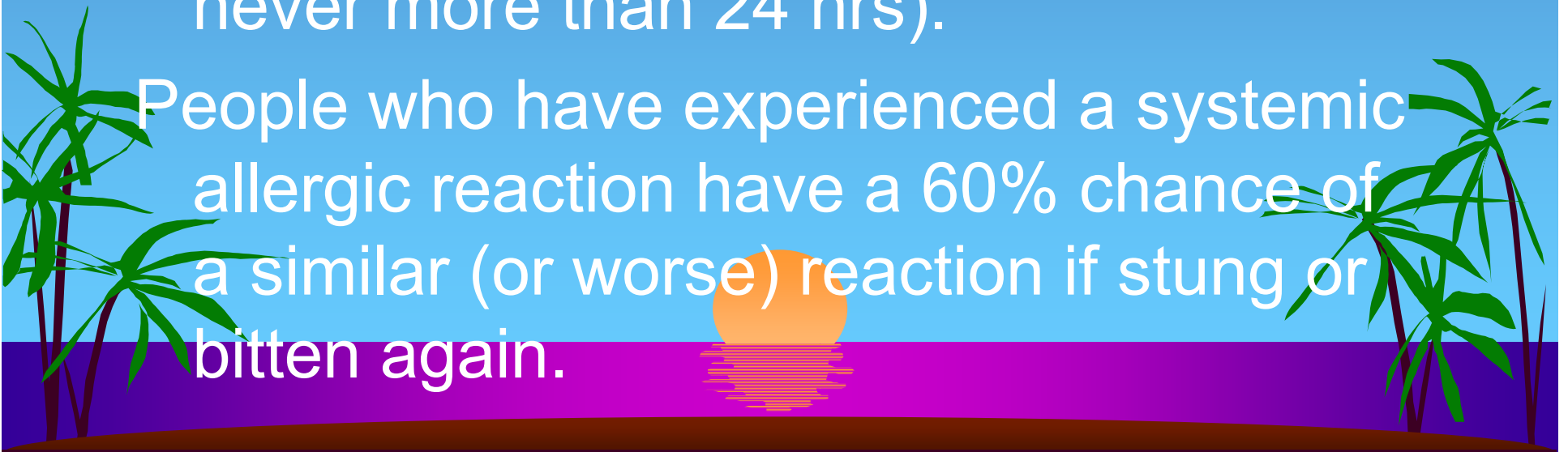
- Caterpillars
- Centipedes
- Black Widow Spider
- Brown Recluse or Fiddleback Spider



# The Common Problems

- Over 2 million people are allergic to stinging/biting bugs.
- An allergic reaction to a bite or sting can occur immediately, within minutes, or even hours after the event (although never more than 24 hrs).

People who have experienced a systemic allergic reaction have a 60% chance of a similar (or worse) reaction if stung or bitten again.



# How to Prevent Stinging Attacks

- Stinging insects are especially attracted to
  - sweet fragrances (perfumes, colognes, and hair sprays)
  - picnic food
  - open soda and beer containers
  - garbage areas.
- Avoiding these attractants will lessen a person's chance of being stung.



# The Sting of Anaphylaxis

- Anaphylaxis is the medical term for an allergic reaction.
- A common treatment for a severe allergic reaction is the use of epinephrine.
  - Epinephrine can be self-injected or administered by a doctor.
- Often intravenous fluids, oxygen, and other treatments are necessary as well.
- It is very important to call for medical assistance immediately, even if the person says “I am okay” after administering epinephrine.



# First Aid May Not Be Enough

- Once stabilized you may be required to stay overnight at the hospital under close observation.
- People who have had previous allergic reactions and rely on the protection of epinephrine must remember to carry it with them wherever they go.
- Also, because one dose may not be enough to reverse the reaction, immediate medical attention following a bite or sting is recommended.



# Some Symptoms of an Allergic Reaction

- Hives, itching, and swelling in areas other than the bite/sting site.
- Tightness in the chest and difficulty in breathing.
- Hoarse voice or swelling of the tongue.
- Dizziness or a sharp drop in blood pressure.
- Unconsciousness or cardiac arrest.

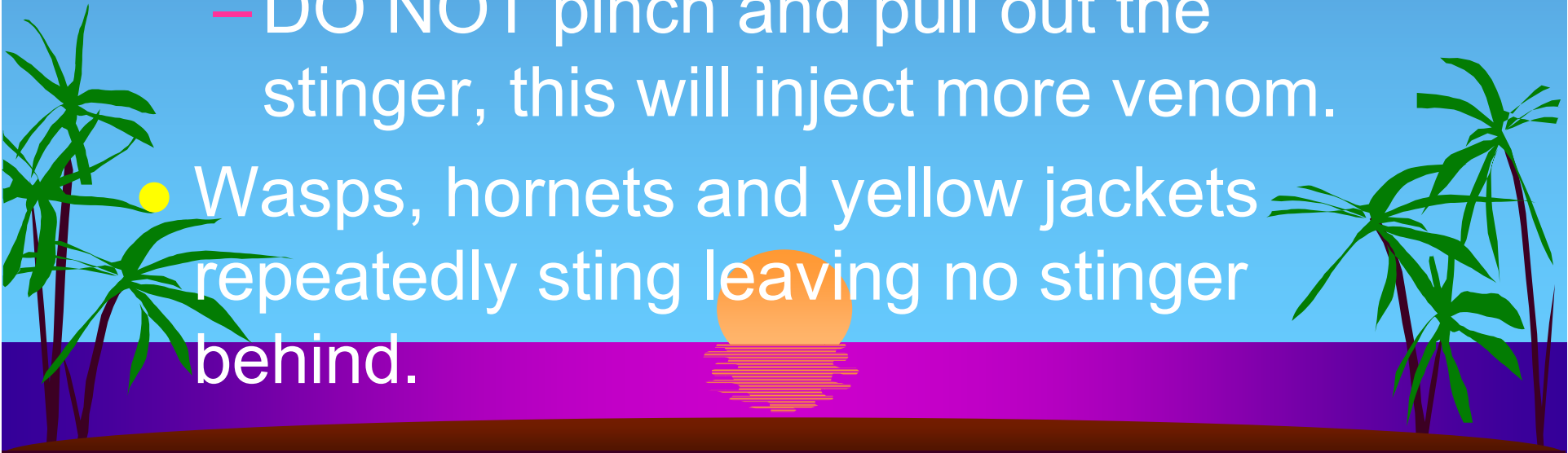






# Basic First Aid

- Bees will sting only once leaving the barbed stinger in the flesh.
  - To remove the stinger scrape with a credit card or other object.
  - DO NOT pinch and pull out the stinger, this will inject more venom.
- Wasps, hornets and yellow jackets repeatedly sting leaving no stinger behind.



# Basic First Aid

- If breathing difficulties develop, or if the person appears to be having an adverse reaction, **DIAL 9-1-1. Get Prompt medical care.**
- Wash bite/sting area well with soap and water.
- If stung or bitten on the fingers or hand, remove any rings or jewelry in case of swelling.
- Apply a cold compress.



# Other Animal Hazards

- Poisonous Animals such as
  - Snakes
  - Scorpionsare also prevalent during the Summer Months
- Also disease carrying insects such as mosquitoes and ticks are prevalent.



# Insect Protection

- Two primary ingredients are used by most insect repellents. They are:
  - Insecticide permethrin
  - Insect repellent DEET (*N, N*-diethyl-*m*-tiluarnide)
- It is important that each individual be carefully monitored when using either of these products.
- As with any chemical, allergic reactions can develop from the protectant.



# How DEET Works

- DEET repellents works by evaporation, creating a shield a few inches above the area of application.
- The presence of the repellent vapor confuses insects so they can't locate a target host.
- In most cases it usually requires less than 1% of the repellent to form this protective barrier.



# How Permethrin Works

- Permethrin is actually a contact insecticide.
- Permethrin is considered ideal because it is applied to clothing, gear, mosquito nets and bedding and is not applied directly on the body.
- Where ticks are a concern, permethrin on clothing or gear will kill ticks that travel across as little as 10" of treated fabric.



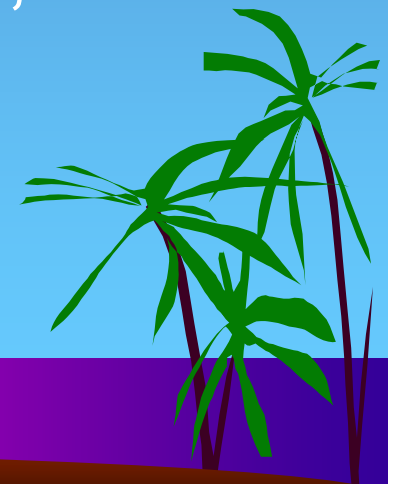
# Some Natural Defenses

- There are well over 150 *natural repellents* including:
  - Citronella
  - Eucalyptus
  - Lemon Leaves
  - Peppermint
  - Lavender
  - Cedar Oil
  - Canola
  - Rosemary
  - Pennyroyal
- Generally the EPA considers these oils safe to use in low dosage, but overall their effectiveness is limited to less than 30 minutes.



# Let's Have Fun In the Sun

- With everything, moderation is best.
- Avoid those beehives and hornet nests.
- Keep waste containers, beverages and food in enclosed containers.
- Wear protective clothing from ticks, mosquitoes.





# Any Questions

