

Bug-Bites Treatment:

Non-medicated:

- Ice pack promptly to bite area
- Trim finger nails to avoid scratching area
- Do not wear rough irritating clothing over bite area

Medicated:

- Apply 3 to 4 times a day
 - Don't use on kids less than 2 yrs old

 - Local anesthetics: Lanacane Aerosol spray, Solarcaine medicated spray, Itch-x gel/pump spray
 - Topical antihistamines: Dermarest Gel, Benadryl cream (diphenhydramine)-don't use more than 7 days
 - Oral Antihistamines: may also aid in local symptom relief
 - Counterirritants: Sarna Lotion (camphor, menthol)
 - Corticosteroids: Cortaid, Cortizone (Hydrocortisone)
 - Skin protectants:
 - safe in adults, children and infants
 - zinc oxide, calamine: reduce inflammation, irritation and absorb fluids from weeping lesions
 - colloidal oatmeal, sodium bicarbonate: provide itch relief
- ★ *Camphor containing products can be very dangerous if ingested and should not be used in children*

Bug-Bites Prevention:

*apply sunscreen first, then repellent

Non-medicated options:

- Cover skin as much as possible with clothing and socks
- Avoid swamps, dense woods, and dense brush
- Keep pets free of pests
- Don't wear heavily scented soaps, perfumes and hairsprays



Medicated options:



- Repellents:
 - Don't use under clothing
 - Don't use in children less than 2 months
 - Over 2 months of age can use 30%DEET
 - Wash off repellents once return indoors
- **OFF!, Cutter, Repel:** DEET(n, n-diethyl-m-toluamide)
 - Best all-purpose repellent
 - Should not be applied more than once per day
 - Percentage relates to length of action (10% lasts 2 hours, 24% lasts about 5 hrs)
 - Don't use if in combination product with sunscreen
- Natural products:
 - **Skin So Soft:** fragranced moisturizer in mineral oil, lasts between 15 to 30 minutes
 - **Naturapel:** picaridin alternative to DEET, less odor and less irritating to skin
 - Citronella: limited usefulness, short action length
 - Lemon eucalyptus oil, cedar oil, tea tree oil, garlic, thiamin, and soybean oil (most effective of these and gives 90 min of protection)