



# Stay Summer Rescue Ready

## Bite & Sting First Aid

A guide for prevention, protection and treatment of common summer bites and stings

### Bites Vs Stings

#### Insect Bites

Common insect bites come from ticks, mosquitos and horseflies. They are caused when the insect uses its mouth to break through the skin, leaving an itchy, red mark.

#### Insect Stings

Common insect stings come from wasps, honeybees and hornets. Stings are often more painful than bites and are caused when a stinger pierces the skin and injects venom.



### Bite & Sting Prevention Tips

Remain calm if you come into contact with a stinging insect. Panicking will make them feel as though they're under attack and they will be more likely to sting.

Cover up in grassy, woodland areas. Wear clothing that covers exposed skin to minimise your risk of bites/stings.

Apply Medicare Insect Repellent Spray that contains DEET to keep you protected for hours on end against a range of insects. It comes in 3 different strengths so you can choose a strength that works for you.

Wear closed footwear outdoors, especially on grass to protect your feet from stepping on insects.

Avoid wearing strong scents of perfume, deodorants and body shower gels as these can attract insects.



Medicare Insect Repellent Sprays



Medicare Ice Spray & Reusable Hot & Cold Pack



Medicare Bite & Sting Cream

### 6 Steps to treat Bites & Stings

1



Remove the stinger or any remains of the insect or bug from the skin.

2



Wash the stung/bitten area with mild soap and warm water.

3



For instant pain relief, apply the Medicare Ice Spray, then apply the Medicare Reusable Hot & Cold Pack.

4



Apply Medicare Insect Bite & Sting Cream for lasting relief and to prevent infection.

5



Take pain killers for painful bite/sting relief.

6



Monitor the area and if pain persists/worsens, seek further care.

### When to Seek Medical Advice from a GP/Pharmacist

- If your symptoms persist and show little to no sign of improvement.
- If you think the bitten/stung area has become infected.
- If you notice an unusual discolouration of the skin.
- If you experience pus or increasing pain, swelling or redness in the infected area.
- If your symptoms are accompanied by flu-like symptoms such as high temperature or muscle pains.

### When to Seek Immediate Emergency Care, Dial 999

- If you have a known allergic reaction immediately after being bitten/stung.
- If you experience an accelerated heart rate.
- If you feel tightening or swelling of the throat, mouth or face.
- If you begin to feel dizzy/faint.
- If you lose consciousness after being stung/bitten.



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