Insect Bite

An insect bite or sting appears as a red lump in the skin. The lump sometimes has a tiny hole in the center. The most common bites or stings are from:

- Mosquitoes.
- Fleas.
- Bedbugs.
- Chiggers.
- Ants.
- Wasps.
- Bees.
- Other insects.

HOME CARE INSTRUCTIONS

- Apply a cold compress for 10 to 20 minutes every hour. This will reduce swelling and itching.
- To lessen pain, a paste made of water and baking soda may be rubbed on the bite or sting. It should be left on for 5 minutes.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.

SEEK MEDICAL CARE IF:

- None of the above helps within 2 to 3 days.
- The area becomes red, warm, tender, and swollen beyond the area of the bite or sting.
- An oral temperature above 102° F (38.9° C) develops, or as your caregiver suggests, which is not controlled by medication.

SEEK IMMEDIATE MEDICAL CARE IF:

- You have problems (*symptoms*) of an allergic reaction. Examples follow.
  - You are wheezing or have difficulty breathing.
  - You develop chest pain or fainting.
  - You have raised red patches on the skin that itch.
  - You are feeling sick to your stomach (*nausea*) or vomiting.
  - You develop cramping or diarrhea.

These may be early signs of a serious generalized or anaphylactic reaction.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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