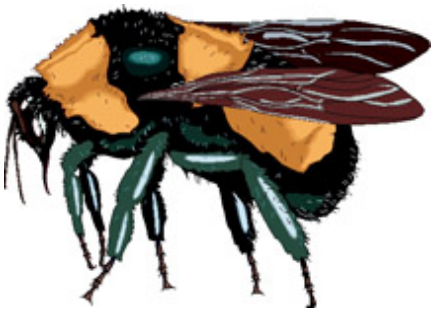
Avoiding Insect Bites

If you are hypersensitive to bee or insect stings, and could suffer a serious reaction, you should follow these precautionary measures during the insect season:



- Avoid perfumes, sprays and bright colors since these attract insects.
- Avoid extensive skin exposure, especially around the neck.
- Avoid lying down or sitting in areas where there are many flowers, trees and bushes.
- Avoid going barefoot.
- Avoid old barns, garden sheds, woodpiles, or other areas where hornets' nest.
- Get help from a non-allergic person to remove wasp or hornet nests from your house eves.
- Avoid eating bananas before outdoor activities as your body will produce a scent similar to the bees' pheromones which tells them to attack.

If you have been given a prescription for an insect bite kit, carry this with you whenever you engage in activities where the potential for bites or stings exists. A family member should also know how to use the kit.

Use the kit immediately after a sting and proceed directly to an emergency room. It is important to be checked to make sure your reaction can be brought under control.

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