



Bugs, Wasps, and Critters

With increased temperatures, many insects become very active (May through August). Often these insects are just a nuisance, but these insects can cause: Health Related Problems or distractions.

The Common Stinging Insects:

Bees, Wasps, Hornets, Yellow Jackets, Black Widow Spider, Aggressive House Spider/Hobo spider, Scorpions, Sweat Bees, Brown Recluse or Fiddle back Spider and the Non-Stinging Fruit Flies

How to Prevent Stinging Attacks

Stinging insects are especially attracted to: BBQ's, Picnics, open doors, bright colored clothing, your lunch, open garbage cans. Avoiding these attractants will lessen a person's chance of being stung.

Defenses against Bees, Wasps, Critters

Recognize Your Sensitivities

- If you are allergic please have your medications available and consider notifying friends to help watch out for insects
- Odor Control! –perfumes, colognes, and hairspray can attract stinging insects,
- Stop the Feeding Frenzy! - leaving/disposing of unwrapped foods and sugary drinks outside will attract insects
- Lock' m out – shut outside doors to prevent “infestations!
- Nest Alert! – be aware of any holes and openings that could be wasp nesting sites
- Keep' m away – Use insect repellent as needed.

The Common Problems

Over 2 million people are allergic to stinging insects. An allergic reaction to an insect sting can occur immediately, within minutes, or even hours after the sting (although never more than 24 hrs.). People who have experienced a systemic allergic reaction to an insect sting have a 60% chance of a similar (or worse) reaction if stung again.

Some Symptoms of an Allergic Reaction

- Hives, itching, and swelling in areas other than the 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.

The Sting of Anaphylaxis

- Anaphylaxis is the medical term for an allergic reaction.
- The treatment to an allergic reaction is the use of epinephrine and other treatments.
- Epinephrine (epi-pen) 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 an insect sting is recommended.



Basic First Aid for Stings

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.

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 or Insect Hazards

Poisonous Animals such as: Snakes, Scorpions, are prevalent during the summer months. In addition to disease carrying insects such as mosquitoes and ticks are also prevalent.

Insect Protection

- Two primary repellants are used by most insect repellants. They are:
 - Insecticide permethrin
 - Insect repellent deet (*N, N*-diethyl-*m*-toluamide)
- 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. It is considered ideal because it is applied to clothing, gear, mosquito nets and bedding. Where ticks are a concern, permethrin on clothing or gear will kill ticks that travel across as little as 10" of treated fabric.
- **Do not apply directly on your body/skin.**

Some Natural Defenses

There are well over 150 *natural* repellents while the most common are:

- Citronella
- Eucalyptus
- Lemon Leaves

- Peppermint
- Lavender
- Cedar Oil
- Canola
- Rosemary

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.
- Use repellents when outdoors



This information is being provided to you by the IES Safety Committee