

Summertime Safety

Summer months are full of unexpected fun, and unfortunately, sometimes unexpected hassles, such as insect bites and sunburn. There are easy ways to avoid these unpleasant, and sometimes risky, nuisances. By following a few simple steps, your summer can be full of all the family fun that you had planned.

Insect Bite and Sting Safety

- Always use insect repellent on your skin and clothing to reduce risk of a bite. Use long-lasting repellent that includes ingredients such as DEET or Picaridin and reapply after swimming or excessive perspiration.
- If possible, wear long pants and long sleeves to reduce your risk of skin exposure to bites.
- Treat each insect bite or sting carefully:
 - Bee, wasp, hornet or yellow jacket stings— Try to remove the stinger as quickly as possible and wash the area with soap and water. Apply an ice pack for a few minutes and give a pain reliever for any discomfort.
 - Spider bites—Wash the area with soap and water and apply a cool compress to reduce swelling. Give a pain reliever for any discomfort and apply an antibiotic ointment to prevent infection.
 - Tick bites—If you find a tick use a pair of tweezers to remove it by its head. Pull firmly, yet gently, until the tick releases. Call your doctor as he/she may want you to save the tick after removal.
- To reduce the risk of infection, do not scratch an insect bite.

- Seek medical attention if you are stung inside of your mouth as it could block your airway and cause labored breathing.

Sun Safety

- Never go outside without sunscreen providing UVA and UVB protection and reapply often, about every two to three hours, especially after swimming or excessive sweating.
- Avoid the strongest rays of the day—between 10 a.m. and 4 p.m.
- Cover up by wearing a hat or using an umbrella to shade the sun's rays.
- Wear protective eyewear.

Symptoms and Treatment

- Stay in the shade until sunburn is healed.
- Take a cool bath or apply cool, wet compresses to alleviate pain and heat.
- Apply pure aloe vera to sunburned areas.
- Take a pain reliever or an over-the-counter topical “after-sun” pain reliever.
- If the sunburn is severe or blisters develop, contact your doctor immediately.
- Never scratch sunburn as it can become infected.



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