

SUMMER TIPS

INSECT BITES

FACT #1: LARGE LOCAL REACTIONS OCCUR FREQUENTLY IN YOUNG CHILDREN

- Big bites do not mean your child is having an allergic reaction

FACT #2: SWELLING ON FACE AND EYELIDS ALWAYS WORSENS AFTER NAP OR SLEEP

- Wait a few hours to see if the fluid layers out and your child can open his eye better

FACT #3: SEVERE ALLERGIC REACTIONS ARE QUITE RARE

- Seek emergency care if symptoms of throat closing or difficulty breathing occur
- These symptoms generally occur within 20 minutes of the sting

FACT #4: MOST BITES WILL RESOLVE IN A FEW DAYS WITH ROUTINE HOME THERAPY

- Ice, cool compresses
- Benadryl orally
- Calamine lotion

BEEES, WASPS, OR YELLOWJACKETS:

- Remove stinger by scraping off

TICK REMOVAL:

- Do not prick, crush or burn the tick
- Do not try to smother the tick with petroleum jelly or nail polish
- Use fine-point tweezers to grasp the head of the tick at the point of attachment, as close to the skin as possible
- Pull the tick straight out in one gentle motion
- Do not twist the tick or rock it from side to side while removing it
- If the mouthparts break off in the skin, do not dig them out (within a short period of time, they will come out on their own)
- Wash the area with soap and water
- Swab the area with hydrogen peroxide
- Apply Neosporin

DON'T FORGET YOUR BIKE HELMET

SUMMER TIPS

SUNBLOCK

- SPF 30 or greater
- Broad spectrum UVA and UVB protection
- Water resistant
- Hypoallergenic, fragrance-free, and PABA-free

INSECT REPELLANT

Safe in kids

- Do not apply to infants under 2 months of age
- Always read and follow all directions and precautions on the product label
- Remember to only use products that are approved for children
- PICARIDIN has been used worldwide since 1998
- Safe to use products containing less than 10-30% DEET on infants and children

Very effective

- Both provide long-lasting effective protection

Avoid over application

- Use just enough to cover the exposed skin and/or clothing
- Do not allow young children to apply products themselves
- Do not use products combined with a sunscreen
- Frequent applications may result in overexposure to the active ingredients
- Do not use spray solutions in enclosed areas or near food

Rules for application

- Do not apply over cuts, wounds or irritated skin
- Do not apply to young children's hands or near eyes or mouth
- Do not use under clothing
- For use on face, apply to adult hands and then rub on face
- Do not spray face
- Avoid areas around eyes and mouth

Wash off

- After returning indoors, wash treated skin with soap and water
- Wash treated clothing before wearing again

DON'T FORGET YOUR BIKE HELMET