

ConsumerMedical is your Medical Ally for confidential, one-on-one support and expert guidance on any health concern you or your family may face.



Preventing and Treating Insect Bites

Insect bites are annoying - but worse, they can sometimes make you sick. Both mosquitoes and ticks can carry diseases that are harmful to people. Here's how to prevent bites and how to treat them if you do get bitten.

Preventing Bites

- Use an insect repellent that contains one of these ingredients: DEET, Picaridin, IR3535, 2-undecanone, oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD). (Remember to follow label instructions and reapply as directed.)
- Treat clothing with a repellent that contains permethrin.
- Wear long-sleeved shirts and long pants if possible.

For Babies and Toddlers: Don't use insect repellent on babies younger than 2 months, and don't use anything containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) on children younger than 3 years.

Treating Bites

- Mosquito bites: Wash with soap and water, then treat itching or swelling with ice, over-the-counter "anti-itch" lotion, or over-the-counter pain medicine if needed.
- Tick bites: Take the tick out as soon as possible. Use tweezers to grab the tick as close to its head as possible, then pull straight out (without twisting). Wash the bite and your hands with rubbing alcohol or soap and water. Don't squeeze the tick with your fingers. Flush it down the toilet or wrap it tightly in tape to get rid of it.
- Get medical care right away if you have signs of a severe reaction: trouble breathing; fast heartbeat; nausea or vomiting; hives; confusion; dizziness or fainting; or swelling of the eyes, throat or lips.
- Call your doctor if you have signs of illness: fever/chills; aches and pains; or a rash.
- Call your doctor if you think the tick has been attached for more than 24 hours.

Contact ConsumerMedical

1-888-361-3944

Monday – Friday, 8:30 a.m. to 11:00 p.m. Eastern

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