

Summer Bug Safety

Have you heard...it is supposed to be a **buggy summer!** Protect your children from those mosquitos, fleas, and ticks by **using insect repellent.**

- Spray your child with **DEET free** insect repellent.
- DEET can be toxic.
- **The Centers for Disease Control and Prevention (CDC) recommends repellents that contain picaridin or oil of lemon eucalyptus, both are non-toxic and able to reduce mosquito bites just as well as formulas with low levels of DEET.**

Protect your children against ticks by **doing regular tick checks every night.**

- **Check for ticks** under the arms, between the legs, around the waist, inside the navel, and don't forget the hairline and scalp.
- Know where **ticks hang out-grassy/wooded areas**
- Contacting a **tick-borne illness only takes 36 hours**
- To **remove the tick** use a fine tipped tweezers to detach the tick. Hold the tick in the tweezers (get as close to the skin as you can) and pull upwards. Be as steady as you can, as twisting and turning could cause the tick's mouth to break off under the skin (if that happens, use your tweezers to remove it). That's it -- it's out! Disinfect the area and you're done.

Protect your children against fleas by protecting your pets first. Consult with your vet for the most effective approach for your pet. Regarding your child, **flea bites usually are found along sock lines, waistband lines and around the wrists. If your child has flea bites,** take steps to control itching. The greatest danger is secondary infection from scratching.

Try these strategies:

- Have the **child sit** in a **bath of lukewarm water and baking soda. Wash bites with soap and water.**
- **Use an over-the-counter antihistamine,** such as Benadryl®. (Follow directions carefully.) You can also **use a topical anti-itch cream** to calm the area.
- **Apply cool compresses** to the affected area.
- **Insect repellents can help prevent bites** in the future.

Resources

<http://health.howstuffworks.com/pregnancy-and-parenting/10-summer-safety-tips-for-kids2.htm>

https://www.akronchildrens.org/cms/tips/fleas_ticks_bedbugs_chiggers/