

Visit our website!

The UK HEEL program website is packed with useful information, including previous health bulletins. Visit us at www.ca.uky.edu/HEEL



YOUTH HEALTH BULLETIN

MAY 2012

Reprinted by:
K-State Research & Extension
Atchison County Office
405 Main/PO Box 109
Effingham, KS 66023
913-833-5450

BUGS, BUGS, BUGS!

When you are outside, have you ever seen a bug? Maybe you have seen ants marching or a dragonfly zooming past. Perhaps you have been bitten by a mosquito or stung by a bee. Sometimes the bugs that we encounter outside can bite or sting us. If you know a little more about bugs, it may help you avoid the problem of being bitten or stung.



Why do bugs bite or sting?

Many bugs attack when they are threatened. Some insects like bees, hornets, wasps and spiders commonly do this. They may also attack when they are trying to protect their nest, territory or web. There are some bugs that need blood to live such as mosquitoes or ticks. Did you know that only female mosquitoes bite and the male mosquito does not bite at all?

Continued on the back →



CONTINUED FROM PAGE 1



Does it hurt when a bug bites or stings?

Most of the time, bug bites and stings hurt for a short time. There may be itching that goes along with a bite and that can be very irritating when all you want to do is scratch it. However, there are some bites and stings that are very serious. Bites or stings from spiders and scorpions may require a trip to the doctor. If you get bitten or stung, talk to an adult who will help you.

What should you do if you get a bite or sting?

If you get a bite or sting be sure to let an adult know right away. He or she will be able to help you if you need it.

If you get a mosquito bite, try not to scratch it. It may itch a lot, but if you scratch it, you may make the bite swell and it may bleed.

If you are stung by a bee, let an adult know quickly. He or she will help you get out the stinger if it is still in your skin. Then you should wash the area with soap and water and if possible put some ice on the sting spot.

If you see a tick on you, DO NOT try to remove it yourself. An adult will help you to remove the tick.

How can you avoid getting bites and stings?

- Stay away from bees or wasp nests
- Keep sweet drinks and foods covered if you are eating outside
- Do not swat at the bugs — it may make them more likely to attack
- If you have been in the woods, have an adult look over your body to make sure you do not have ticks on you
- Stay away from places that spiders and scorpions make their homes such as woodpiles and dark spaces

It is a lot of fun to be outside! Stay away from bugs that may harm you and enjoy playing outside all summer long.



REFERENCES:

- KidsHealth from Nemours. "What to do when you are bugged by bugs." Sept 2010. http://kidshealth.org/kid/ill_injure/aches/bug_bites.html?tracking=K_RelatedArticle#

YOUTH HEALTH BULLETIN

MAY 2012

Written by: Nicole Peritore
Get Moving Kentucky Coordinator
University of Kentucky HEEL Program

Edited by: Connee Wheeler

Designed by: Rusty Manseau

Wally Cat and other cartoons by:
Chris Ware (© University of Kentucky)

Download past health bulletins!

www.ca.uky.edu/HEEL/Bulletins

