

Safety-Gram

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FACTS & TIPS ABOUT INSECTS

Protect Yourself from Summer Insects

MOSQUITOES



- Use insect repellent. The best repellents are ones that contain DEET (N,N-diethyl-meta-toluamide). Preparations of up to 30 percent are okay to use on kids.
- Empty out, and don't hang out near standing water. Baby pools, birdbaths, buckets filled with rainwater can become breeding grounds for mosquitoes.
- Try to limit outside time between dawn and dusk. That's when the mosquitoes are out full force. If you need to be outside, try to wear long sleeves and pants.

TICKS

- The simplest way to protect yourself is to remove a tick before it has a chance to transmit disease-causing pathogens.
- What you wear when working or playing could reduce your chances of tick bites.
- Repellents containing DEET are not sufficient to protect against tick bites.



FIRE ANTS



- Be Aware. Don't stand on ant nests/mounds or areas where they are foraging. Fire ants are extremely aggressive when bothered, and they may sting repeatedly.
- Wear Boots and/or tuck pant legs into your socks to reduce the risk of bite/sting.
- Use insect repellents, such as DEET or Picaridin, on clothing and footwear.
- If attacked, leave area immediately while brushing off ants with the use of a gloved hand or by using a cloth. Fire ant venom may cause a severe reaction in hypersensitive individuals, including nausea, shock, chest pains, and in rare cases, coma.
- Consult your pharmacist for treatment of minor bites and irritation. Seek immediate medical attention, particularly if you feel short of breath or have swelling.

SNAKES

- Snakes common to Oklahoma are rattlesnakes, copperheads, water moccasins, and coral snakes.
- Many people are bitten by snakes because they try to kill or get too close to them. The best thing to do is leave them alone.
- Even bites from non-poisonous snakes can cause infection or allergic reaction in some people.
- If bitten, seek medical attention. Responding quickly is crucial.
- While waiting for medical attention, wash the bite with soap and water, immobilize the bitten area, keep it lower than the heart, cover the area with a clean cool compress or a moist dressing and monitor vital signs.

