



Insect Bites

SafeTips from the Naval Safety Center

Quick and easy summaries to find out about something new you're doing or as a refresher for something you haven't done in a while. They're a great training tool to pass around at meetings, through e-mail, or post on bulletin boards.

- ☀ Wear light-colored clothes. Mosquitoes are attracted to darker colors. Also, you can see ticks more easily on light-colored clothes.
- ☀ Wear long pants and a long-sleeved shirt that has a collar. Tuck in your shirt. You can also tuck your pants into your socks.
- ☀ Avoid thick woods, dense grass, pools and puddles.
- ☀ Check yourself for ticks when you return. Most are large enough to be easily seen, but some are tiny, so look carefully on you scalp, the back of your neck, behind your ears, and under your arms.
- ☀ If the tick has started to bite and is attached, carefully remove it with a pair of tweezers.
- ☀ If you get bitten, treat the area with a topical antibiotic. If you get a rash and have flu-like symptoms, see a doctor.
- ☀ If you use a bug repellent, read the label carefully and follow the instructions.
- ☀ Some other tips about bug repellents:
 - * Don't let kids apply them by themselves.
 - * Don't apply to a child's lips, mouth, hands or eyes, or over a cut or irritated skin.
 - * Wash off the repellent when you come back indoors and no longer need protection.

www.public.navy.mil/comnavsafecen/pages/media/index-safetips.aspx



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