

Standard Operating Procedures

#AU 0010 Insect Bites

Materials:

Insect repellent
Soap or disinfecting wipes
Laboratory silicone gloves
Tweezers

Prevention/Precaution:

When weather permits, wear long-sleeves, long pants and socks when outdoors. Use an EPA-registered insect repellent such as those with DEET, picaridin or oil of lemon eucalyptus on exposed skin. Do not spray repellent on the skin under your clothing. The hours from dusk to dawn are peak biting times for many species of mosquitoes. Take *extra* care to use repellent and protective clothing during evening and early morning -- or consider avoiding outdoor activities during these times.

Procedure:

For minor bites (e.g., mosquito), clean the affected area thoroughly with soap and water (or with disinfecting wipes) to prevent further damage to the skin. If any of the insect remains attached (e.g., stinger or tick), put on the laboratory gloves gently remove with tweezers prior to administering cleaning affected area. Refrain from scratching because this may cause the skin to break down and an infection to form. If removing a tick be sure to save the tick and submit to the Algoma Public Health Unit. Follow these guidelines and refer to the link:

- 1) Put the tick in a secure container.
- 2) Bring the tick to your local APH office for identification. If the tick cannot be brought to an office within one week of removal, tick may be placed in a freezer until drop off.
- 3) Complete a Tick Submission Form at your local APH office, or complete form beforehand.

<http://www.algomapublichealth.com/environment-inspections/environmental-health/submitting-a-tick/>

You may treat itching at the site of the bite with an over-the-counter antihistamine such as Benadryl, or a lotion such as Calamine may help relieve the itching. People who have a history of severe reactions to bites or stings may have been prescribed an anaphylaxis kit. The kit should be used according to the doctor's instructions, and Principle Investigators must be notified of any pre-existing conditions/allergies prior to students/research assistants working in the field. See SOP #AU0008 (Allergies) for more details.

Be aware of, and report to medical personnel immediately, if any of the following symptoms are present:

- Flu-like symptoms
- Fever
- Numbness
- Rash
- Confusion
- Weakness
- Pain and swelling in the joints
- Heart palpitations
- Paralysis
- Shortness of breath

- Nausea and vomiting

Created June 2012
Modified May 1, 2019
Reviewed April 23, 2023
AUACC