

Prevention

- Avoid scented soaps, perfumes, hair sprays, and dressing in bright colors or flowery prints.
- Avoid areas where insects nest or congregate, such as stagnant pools of water, uncovered foods, and gardens where flowers are in bloom.
- Use insect repellents containing DEET when needed to prevent insect-related. Ticks can transmit Lyme disease, and mosquitos can transmit West Nile virus, Zika virus, Chikungunya virus, and other viruses.
- The concentration of DEET in products may range from less than 10% to over 30%. The benefits of DEET reach a peak at a concentration of 30%, the maximum concentration currently recommended for infants and children. **DEET should not be used on children under 2 months of age.**
- The concentration of DEET varies significantly from product, so read the label of any product you purchase.
- When outside in the evenings or other times when mosquitos are likely to be present, cover up with long sleeved shirts, pants, and socks to prevent bites.
- As an alternative to DEET, picaridin has become available in the U.S. in concentrations of 5% to 10%.



Treatment

- If a visible stinger is present, remove it from skin, gently scrape it off horizontally with a credit card or your fingernail.
- Treat with a thin layer of 1% hydrocortizone cream or ointment: Apply twice a day for a total of two days.
- Do not let your child scratch or rub the skin around the sting or bite.
- Put a cold pack or ice cube on the area. Put a thin cloth between the ice and your child's skin.
- A paste of baking soda mixed with a little water may help relieve pain and decrease the reaction.
- Go to the emergency room anytime your child has a severe reaction like difficulty breathing, passing out, or swelling of the mouth, lips, or tongue.