

How to Prevent Allergic Reactions From **BUG BITES AND STINGS**

IMPORTANT!: Anaphylaxis is the most severe allergic reaction.

Insect sting and bite allergies can be caused by:

Bees, hornets, wasps, yellow jackets, spiders and fire ants

If not treated, this can cause seizures, cardiac arrhythmia, shock, respiratory distress, and even death.

SYMPTOMS INCLUDE:

Light-Headedness
Dizziness, fainting or unconsciousness



Chest-Tightness
Constriction of the airways, leading to wheezing and trouble breathing



Tingling
Tingling of the palms of the hands soles of the feet



Skin Reactions
Hives, itching, and flushed or pale skin, swelling of the face, eyes, lips or throat



If you are experiencing symptoms of anaphylaxis, **CALL 911 RIGHT AWAY!**

ANAPHYLACTIC SHOCK

How to let people know you are having an allergic reaction:

Talk about it

Wear medical alert jewelry

Add "allergies and reactions" information to your phone's medical ID

You can prevent allergic reactions and minimize symptoms by taking medication and being immunized with allergy injection therapy.

- When weather permits, wear long-sleeved shirts and pants
- Don't walk barefoot on grass
- Avoid bright colors
- Don't wear perfumes, colognes or scented lotions that may attract bugs
- When near a stinging insect stay calm. Move away slowly and avoid slapping at the insect.

TRICARE covers:

- Allergy tests and treatments are covered during an office visit or during an inpatient stay.
- Prescription medications to prevent and stop allergic reaction are also covered.

Resources:

www.cdc.gov/healthcommunication/toolstemplates/entertainmented/tips/Allergies.html
www.tricare.mil/CoveredServices/IsItCovered/IndividualProviderServices



To learn more, visit www.health.mil/Bugs
#BugWeek2019

