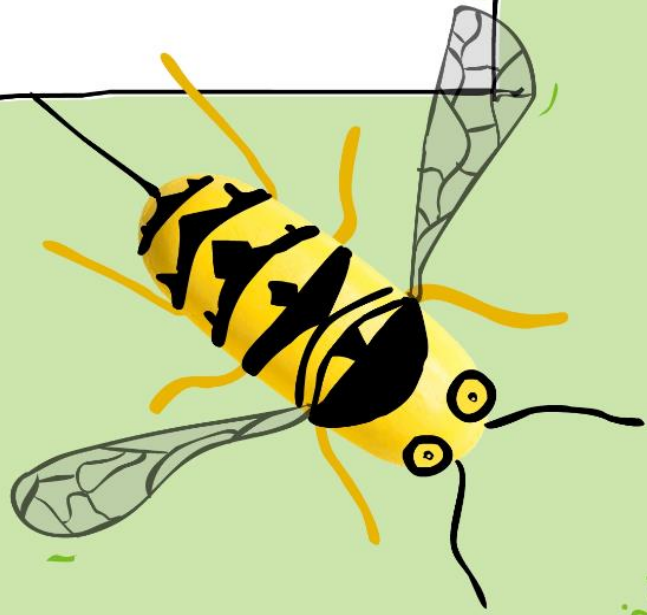


Choose self care

Do you have an insect bite or sting that needs treatment?
 Are you going abroad and are worried about insect bites and stings?
 Speak to your pharmacist today about
 how they can help you.



What can I do to help?

To prevent being bitten you should:

- Remain calm and move away slowly if you encounter wasps, hornets or bees.
- Cover exposed skin by wearing long sleeves and trousers and wearing shoes when outdoors.
- Apply insect repellent to exposed skin – repellents that contain 50% DEET (diethyltoluamide) are most effective.

You may need to take extra precautions if you're travelling to part of the world where there's a risk of serious illnesses. For example, to help with the prevention of malaria.

To treat an insect bite or sting:

- Remove the sting or tick if it's still in the skin then wash the affected area with soap and water.
- Apply a cold compress or an ice pack to any swelling for at least 10 minutes.
- Avoid scratching the area, to reduce the risk of infection.

Treatments available to buy over the counter include antihistamine creams or soothing creams or gels. Always read the information leaflets provided with the medicine before you apply them.

When should I see a GP?

- You have symptoms of a wound infection, such as pus or increasing pain, swelling or redness.
- Your symptoms don't start to improve within a few days or are getting worse.
- You've been stung or bitten in your mouth or throat, or near your eyes.

