



# Tips

## For Insect Bites

- Wear light-colored, smooth finished clothing
- Clothing should cover as much of the body as possible
- Avoid cologne, perfumes, scented soaps and deodorants
- Wear clean clothing and bathe daily
- Remain calm and still if a single stinging insect is flying around
- Run away if attacked by several stinging insects
- People allergic to insect bites should carry an epinephrine auto injector (e.g. Epi-Pen) and should wear a medical i.d. bracelet/ necklace stating their allergy

