

# Maggie's Health Tips



Volume 2 July 2017

## Getting The Bugs Out of Summer

Summer means outdoor fun – picnics, pools and playing in the yard. Sometimes, when we play outside, we forget we're in nature's back yard. Bugs and poison ivy are just a few things we deal with while enjoying the outdoors. A bee sting can end playtime really fast if you aren't prepared. Do you know what to do if you or a friend get stung or bitten?

### Here's what to do for insect bites and stings:

- Wash the area where you've been stung.
- Slide the stinger out if it's a bee sting. (If you pull it out you could squeeze more poison in - you have to gently try to slide the stinger back out of your skin.)
- Use your epi-pen if you get severe reactions, or get someone else to do it for you. Make sure that someone goes to get help for you too.
- Use ice to keep the swelling down and to make it less painful.
- Ask an adult for an antihistamine tablet if you are swollen and itchy (you might have to go to your doctor to get this).
- Rest the bitten part of your body. Raising your arm or leg (whichever has been bitten) can be helpful too.
- Try not to scratch, as you don't want the bite to get infected.
- If the bite gets all yucky or you are feeling worse, tell your caregiver and they may take you to see a doctor.



### Mosquito Bites

The CDC developed an activity book on mosquito bites. Just click [here](#) to go to the site.

Female mosquitos bite but males do not. When you are bitten, the area itches and one or more red bumps appear. Sometimes mosquitos can spread viruses like West Nile, Zika, dengue, chikungunya, and others. The best thing to do is to protect yourself from getting bitten.

#### Here's how:

- Use bug spray.
- Wear long sleeves and pants.
- Keep mosquitoes outside! Stay in air-conditioning and use screens on doors and windows.
- Once a week, empty, scrub, cover or throw away anything outside with water in it.



### Poison Ivy

If you're outside and see a plant with three leaves, remember this saying: "Leaves of three – let them be!" If you touch, breathe-in, or touch something (*tools, animals, clothes*) that has been exposed to the plant, you could have a reaction like:

- A red rash within a few days of contact
- Swelling
- Itching
- Possible bumps, patches, streaking or weeping blisters

#### First Aid

If you are exposed to a poisonous plant:

- Immediately rinse skin with rubbing alcohol, poison plant wash, or dish soap or detergent, and lots of water.
- Rinse a lot so wash solutions do not dry on the skin and further spread the poison.
- Scrub under nails with a brush.
- Apply wet compresses, calamine lotion, or hydrocortisone cream to the skin to reduce itching and blistering.
- Oatmeal baths may relieve itching.
- An antihistamine may help relieve itching.

Call 911 or go to a hospital emergency room if you have a severe allergic reaction, such as swelling or difficulty breathing, or have had a severe reaction in the past.

Below are pictures of what 1) poison ivy, 2) poison oak, and 3) poison sumac, look like.



## WORD SEARCH

You have learned lots of ways to stop mosquito bites!

Circle the words below. The words can be across, down, or even diagonal.

W V D C H S W F F R O W P N V  
A Z R M P J C N D K Z U W X X  
R D L V F X P R Q P E X J Z V  
F D G E T V S B E L A D K B X  
J X X A N O W A T E R N U U C  
B G A W R D W Q P R N P T G B  
W D P D O O R S V C W S I S B  
J C I I K A V L M K O A T P Q  
C W F C X P T E F V E E I R X  
H V A B D L I E A M N M G A G  
R M E G D M T V Z V W A E Y U  
D K W T X J B E Q E Z T B N C  
R X Q V M W A S N G O F H X L  
V N E W Q G D K D J V V M M D  
M Y C W M M Y S F F O H O X H

SLEEVES      SCREENS  
PANTS        DOORS  
BUG SPRAY   NO WATER  
NETS



**FIGHT THE BITE**

Magnolia Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

If you, or someone you're helping, has questions about Magnolia Health, you have the right to get help and information in your language at no cost.

To talk to an interpreter, call 1-866-912-6285 (TTY/TDD 1-877-725-7753). Magnolia Health provides free aids and services to people with disabilities to communicate effectively with us, such as qualified sign language interpreters and written information in other formats (18 point font or larger print, audio, accessible electronic formats, other formats).

Si usted, o alguien a quien está ayudando, tiene preguntas acerca de Magnolia Health, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 1-866-912-6285 (TTY/TDD 1-877-725-7753).

Nếu quý vị, hay người mà quý vị đang giúp đỡ, có câu hỏi về Magnolia Health, quý vị sẽ có quyền được giúp và có thêm thông tin bằng ngôn ngữ của mình miễn phí. Để nói chuyện với một thông dịch viên, xin gọi 1-866-912-6285 (TTY/TDD 1-877-725-7753).