

WHAT'S UP DOC?

by Katie M. Bell, RPA-C

Q: How do I protect my child from insect bites in summertime?

A: It is safe to apply bug spray or lotion to your child as long as you are using deet-free children's insect repellent. Assist your child in applying the spray or lotion, so they do not get it in or near their eyes or mouth. When out in the woods, it's always best to protect your child from insect and tick bites by keeping their body fully covered with long sleeve shirts and pants.

Q: What do I do once my child does get an insect bite or sting?

A: Once a child has been bit or stung by an insect, apply ice immediately to reduce swelling. Calamine lotion or over the counter hydrocortisone cream can be applied directly to the bite or sting. Oral children's Benadryl is a good over the counter medicine to administer if the child has any itching, swelling, or redness around the area.

Q: If I find a tick on my child, what do I do; and how do I know if they get Lyme's Disease?

A: Many people worry that their child may get Lyme's Disease after a tick bite. It is best to completely detach the tick from the child's skin in a timely manner and to clean the child's skin with soap and water. Observe the child for a classic "bull's-eye rash", fever, headache, fatigue and/or joint pains.

Q: When should I seek medical attention after an insect/tick bite?

A: It's best to see your child's doctor if any insect bite appears infected or if there are any signs or symptoms of Lyme's Disease. If the area around the insect bite or sting is becoming progressively swollen, more red, or has pus coming from the area, it may be infected.



Brian Johnson

Sponsored By:

**MOST INSURANCES
ACCEPTED**



www.southerntierpeds.net

**SPECIALIZING IN PEDIATRIC
& ADOLESCENT CARE**

1684 Foote Ave Ext.
Jamestown, NY 14701
Phone: (716) 661-9730

One Bank St.
Randolph, NY 14772
Phone: (716) 358-KIDS (5437)

Tariq M. Khan, M.D., F.A.A.P.
Katie M. Bell, RPA-C
Amy R. Beach, FNP