

I Don't Like Spiders and Ticks!

From your friends @ HealthWorks Northwest
www.hwnw.org

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First aid for serious bites or stings.

For black widow and brown recluse spider bites and scorpion stings, take the following steps and **seek immediate care**:

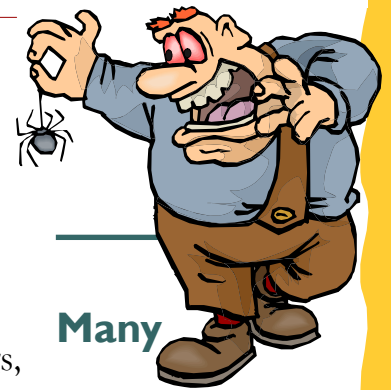
- Remain calm. Too much excitement or movement will increase the flow of venom into the blood.
- Apply a cool, wet cloth to the bite or cover the bite with a cloth and apply an ice bag to the bite.
- Do not apply a tourniquet. It may cause more harm than benefit.

Common bites and stings

Most bites and stings will heal on their own without a visit to a doctor. There are several things you can do at home that will relieve pain and itching and prevent infection from a bite or sting.

Insect or spider bites or stings or contact with caterpillars

- If you have been stung on the arm or leg, lower the limb at the time of the sting to slow the spread of venom. Hours later, if swelling is present, you can elevate the limb to help reduce swelling.
- For contact with a caterpillar, remove broken-off spines by placing cellophane tape or commercial facial peel over the area of the contact and pulling it off.
- Apply an ice pack to a bite or sting for 15 to 20 minutes once an hour for the first 6 hours. When not using ice, keep a cool, wet cloth on the bite or sting for up to 6 hours. Do not put ice directly on the skin. Use a thin barrier such as a towel to prevent "burn." After the first 6 hours, if swelling is not present, try applying warmth to the site for comfort.



Many
employees
work
outside, in
warehouses
or in closed
spaces.

These are
perfect
spider
hangouts.

Here are
some tips
from Shelly
Norman,
ARNP on
how to
handle
spider or
other
common
insect bites.



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