

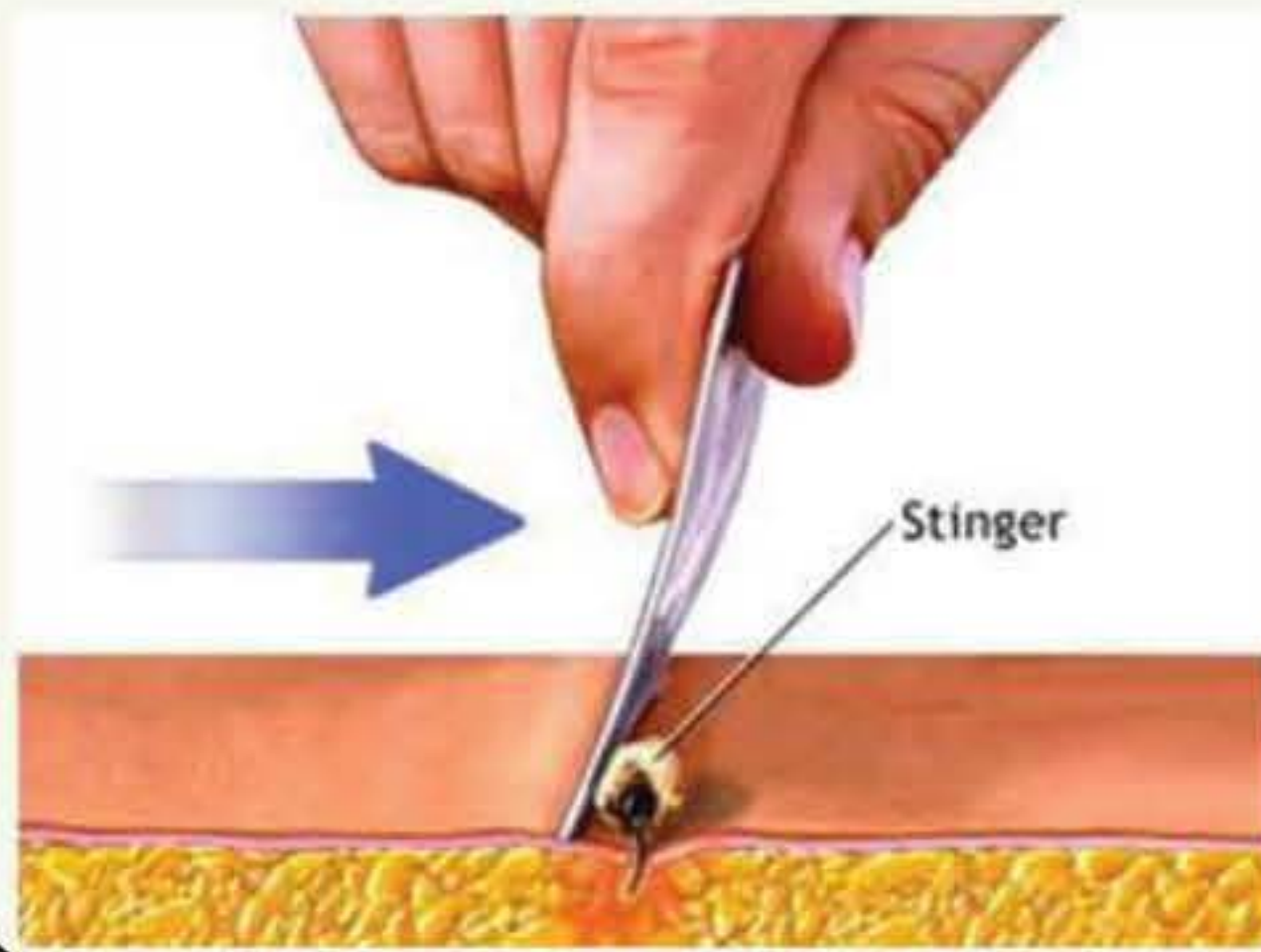


UNIVERSITY HEALTH CLINIC HEALTH ADVISORY



INSECT BITES AND STINGS

Bites from mosquitoes, ants, and ticks cause mild reactions, while bites from bees and wasps may cause allergic reactions.



Signs & Symptoms

Allergic reactions may include:

- Mild nausea and intestinal cramps
- Diarrhea
- Swelling larger than 2 inches (5 centimeters) in diameter at the site

See your doctor promptly if you experience any of these signs and symptoms.

Move to a safe area to avoid more stings or bites. For bee stings, remove the stinger to prevent the release of more venom into the skin.

Wash area with soap and water.

Apply a cold pack or cloth filled with ice to reduce pain and swelling.

Apply hydrocortisone cream, calamine lotion, or a baking soda paste to the bite or sting several times a day until symptoms subside.

Take an antihistamine containing *diphenhydramine* or *chlorpheniramine maleate*.



#UHCares

Source: DOH HEALTH ADVISORY



Trunkline: (046) 416 4531

★ UHC WEST (GMH 114) loc no: 3039
Mon-Thurs 7:00 am - 6:00 pm; Fri 7:00 am - 5:00 pm; Sat 8:00 am - 5:00 pm

★ UHC EAST (JFH 108) loc no: 3100
Mon - Thurs 10:00 am - 8:00 pm; Fri 11:00 am - 8:00 pm

★ UHC HS CLINIC loc no: 3304
Mon - Fri 7:00 am - 7:00 pm



univhealthclinic@dlsud.edu.ph



www.dlsud.edu.ph