



Ticket to Healthy Living

BUG BITES AND SCRAPES



Texas Children's Health Plan is your family's ticket to health care.



What is a bug bite?

A bug bite is a painful or itchy bite from a bug. The bite may be from an ant, bee, flea, fly, mosquito, spider, tick, wasp or other insect.

Signs you might see

- Red skin around the bite.
- Swelling around the bite.
- If your child is allergic to a certain insect bite, you might see your child's whole body getting red and swelling. He or she also might have a hard time breathing.

What to do

- If there is a stinger left in the skin, you can take it out by rubbing your fingernail over it or by using a pair of tweezers. Try not to break the stinger.
- You can wrap ice in a cloth and put it on the bite for five minutes or less at a time.
- If the bite hurts your child, you can mix baking soda and water into a paste and put that on the bite to ease the pain.

When to call your doctor

- Your child gets a rash on his body. This may be an allergic reaction.
- There are signs of infection like swelling, yellow pus (liquid) oozing out of the bite or fever. A fever can happen later.
- Your child is in a lot of pain. He looks and acts sick.
- Your child is younger than 3 months old and gets a bug bite.
- If your child is having an allergic reaction to the bug bite and is having a hard time breathing or the face swells, call 911. This is an emergency.

More information

- Put on insect spray before going outside. Read the label well and do what it says. Keep insect spray away from the face.
- Do not wear perfume or other sweet-smelling lotions outside.
- Teach your child to stay away from beehives and other places where bugs are found.
- Find out where the bugs are located. Have your child stay away from dogs or cats with fleas or ticks and friends' houses that have bugs.
- Have your child wear long-sleeve shirts and pants. This will keep your child from getting bug bites.
- Do not go outdoors around sunset.





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Texas Children's
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1-800-990-8247

CUTS AND SCRAPES

What is a cut or scrape?

A cut or scrape is a break or injury to the skin.

Signs you might see

- The skin is red, open and bleeding.
- There may be some swelling.

What to do

- You can stop the bleeding by putting pressure on the cut with a clean cloth for 10 minutes.
- When the cut stops bleeding, wash the cut well with soap and water. Be sure to wash away any dirt.
- You need to keep the cut clean. You can put medicine ointment like Polysporin on the cut. You can buy Polysporin at the drugstore. Cover the cut with a Band-Aid.
- Put a fresh Band-Aid on every day. Change it whenever it gets dirty.
- Check the cut for signs of infection like redness, swelling and pus oozing out.

When to call your doctor

- The bleeding does not stop after 10 minutes of pressing.
- The cut is deep or the edges of the skin do not stay together.
- You think your child may need a tetanus shot.
- There are red lines on the skin near the cut.
- There is swelling around the cut and pus is oozing out of the cut.
- You see something in the cut that you cannot get out.

