Protect yourself from Insect bites

Symptoms of insect bites

Mosquito bites cause swelling that is characterized by intense itching.
Some people may have an allergic reaction, resulting in severe swelling and fever.
There are a wide variety of infectious diseases transmitted by mosquitoes, including Japanese encephalitis, dengue fever, and Zika fever.
Mosquito activity period: Spring to Autumn

Gnat are insects that resemble mosquitoes or flies.
They often live near water sources.
Symptoms such as itching and swelling will begin to appear after half a day to a day.The symptoms gradually become stronger and tend to worsen more than those caused by mosquito bites, and lumps may remain in the affected area for a while. Fever may occur as well.
Gnat activity period: March to October

What to do when symptoms occur

Keep cooling the area :
If you are bitten by a mosquito, wash the area with cold water without scratching it and cool it thoroughly. If the itching is severe, you can reduce it by patting an ice pack or cold water to the affected area.

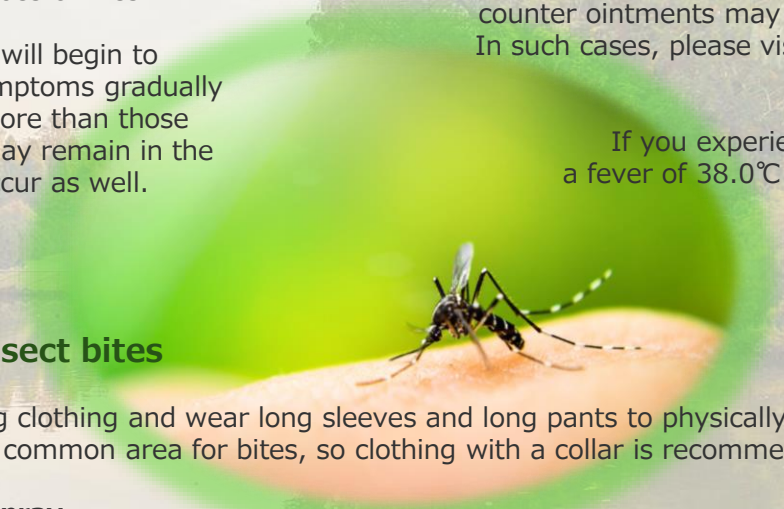


Be careful not to scratch it :
As it can cause bleeding or lead to an infection in the wound.

Apply topical medication to the affected area :
If the only symptom is itching, over-the-counter anti-itch medications (ointments, patches, etc.) may be sufficient.

When the swelling does not go away :
If the swelling or itching is severe or there is pain, it is likely that you are having a severe allergic reaction, and over-the-counter ointments may not be sufficient to treat the condition. In such cases, please visit a dermatologist as soon as possible.

If you have a fever :
If you experience symptoms of an infection, such as a fever of 38.0℃ or higher, visit a hospital immediately.



How to prevent insect bites



Avoid wearing revealing clothing and wear long sleeves and long pants to physically block insects from biting you.
The neck area is also a common area for bites, so clothing with a collar is recommended.

Use insect repellent spray
For areas that cannot be covered with clothing, insect repellent sprays are effective.
When using insect repellent spray, check the ingredients, and be sure to read the precautions for use carefully to prevent misuse.



Stay away from insect-infested areas
It is important to avoid places where there are a lot of insects (such as grassy areas or mountains) to avoid insect bites.