

Insects that Sting or Bite



How to avoid Stings and Bites:

- Remain calm and move away slowly if you encounter wasps, hornets or bees – don't wave your arms around or swat at them.
- Cover exposed skin if you're outside at a time of day when insects are particularly active, such as sunrise or sunset, cover your skin by wearing long sleeves and trousers.
- Wear shoes when outdoors.
- Apply insect repellent to exposed skin repellents that contain 50% DEET (diethyltoluamide) are most effective.
- Avoid using products with strong perfumes, such as soaps, shampoos and deodorants – these can attract insects.
- Be careful around flowering plants, rubbish, compost, stagnant water, and in outdoor areas where food is served.
- Never disturb insect nests if a nest is in your house or garden, arrange to have it removed (GOV.UK has <u>details about pest control services</u> and how your local council can help).
- Avoid camping near water, such as ponds and swamps mosquitoes and horseflies are commonly found near water.
- Keep food and drink covered when eating or drinking outside, particularly sweet things – wasps or bees can also get into open drink bottles or cans you're drinking from.
- Keep doors and windows closed or put thin netting or door beads over them to prevent insects getting inside the house – also keep the windows of your car closed to stop insects getting inside.



Scientific Name: Vespula vulgaris Common Name: Wasp



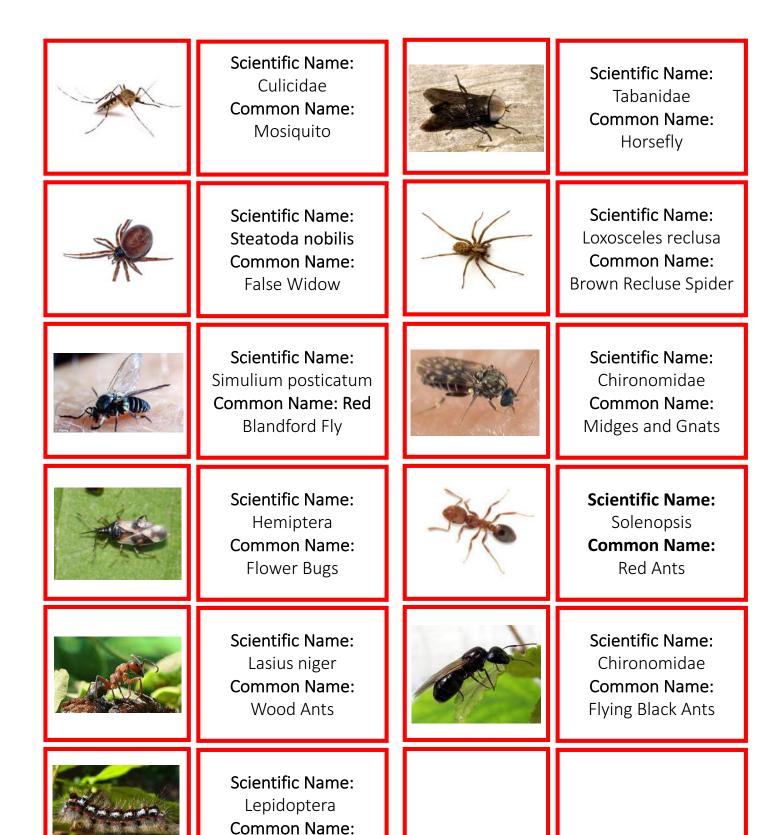
Scientific Name:
Anthophila
Common Name:
Bee



Scientific Name:
Vespa
Common Name:
Hornet



Scientific Name: Ixodes ricinus Common Name: Tick



Caterpillars