



## 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 [details about pest control services](#) 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



**Scientific Name:**  
Culicidae  
**Common Name:**  
Mosquito



**Scientific Name:**  
Tabanidae  
**Common Name:**  
Horsefly



**Scientific Name:**  
*Steatoda nobilis*  
**Common Name:**  
False Widow



**Scientific Name:**  
*Loxosceles reclusa*  
**Common Name:**  
Brown Recluse Spider



**Scientific Name:**  
*Simulium posticatum*  
**Common Name:** Red  
Blandford Fly



**Scientific Name:**  
Chironomidae  
**Common Name:**  
Midges and Gnats



**Scientific Name:**  
Hemiptera  
**Common Name:**  
Flower Bugs



**Scientific Name:**  
*Solenopsis*  
**Common Name:**  
Red Ants



**Scientific Name:**  
*Lasius niger*  
**Common Name:**  
Wood Ants



**Scientific Name:**  
Chironomidae  
**Common Name:**  
Flying Black Ants



**Scientific Name:**  
Lepidoptera  
**Common Name:**  
Caterpillars

