

Compliments, comments & complaints

If you'd like to compliment, comment or complain about our service please contact our Customer Services Department:

Customer Services Department

Livewell Southwest
Room AF3, Local Care Centre
200 Mount Gould Road
Plymouth
PL4 7PY

Tel: 01752 435201

Email: customerservicespch@nhs.net

Contact details

The Minor Injuries Units are open every day of the year, including Bank Holidays.

Minor Injuries Unit Cumberland Centre

Damerel Close
Plymouth
PL1 4JZ

Tel: 01752 434390

Opening times: 8:30am - 9pm

Minor Injuries Unit South Hams Hospital

Plymouth Road
Kingsbridge
TQ7 1AT

Tel: 01548 852349

Opening times: 9am - 5pm

Minor Injuries Unit Tavistock Hospital

Spring Hill
Tavistock
PL19 8LD

Tel: 01822 612233

Opening times: 8am - 10pm

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 Livewell Southwest

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Ticks, Insect Bites & Stings Advice Leaflet



Minor Injuries Unit

Cumberland Centre
South Hams Hospital
Tavistock Hospital

This information leaflet is designed to help you treat your insect bite or sting at home.

Insect bites

In the UK insects that bite include midges, mosquitoes, fleas, bedbugs, spiders, mites and ticks.

The insect bites by making a hole in your skin to feed.

Insect stings

In the UK, insects that sting are bees, wasps, hornets and some caterpillars. Other vegetation that stings includes nettles.

The insect stings as a defence reaction by injecting venom into the skin.

Ticks

Ticks are arachnids and are related to spiders, not insects. They go through four stages in their life cycle: egg, larva, nymph, adult male and adult female.

They are found in areas of thick vegetation and animals, such as woodlands, moors and parks.

Symptoms

Most insect bites, sting and tick reactions produce a local reaction that lasts for several days and generally resolves without treatment.

Small local reactions present with localised pain, itching, swelling and redness around where you were bitten or stung.

Self care management

Remove the sting or tick as soon as possible (if you haven't already done so) by flicking or scratching with a fingernail, card or knife.

Do not squeeze.

Wash the area of bite / sting with soap and water.

Avoid scratching as this will cause the area to swell and itch more and will increase the chance of infection.

Apply ice for 10 minutes every 1 - 2 hours. Do not apply directly on the skin but cover with plastic or cloth.

Itching can be treated with Crotamiton or Eurax cream that you can buy in the chemist.

If the itch is severe antihistamine tablets can be taken.

Local pain can be managed with simple painkillers such as Paracetamol or Ibuprofen.

When to seek further help

If you have any difficulty breathing, are pale, have swelling in the face / tongue following a bite or sting, go to your nearest Emergency Department or call 999.

Seek medical attention if:

The mild symptoms appear to be worsening and the area of the skin around the bite / sting becomes more red, hot and swollen.

Seek medical attention if you think you might have Lyme Disease

Lyme Disease: Lyme disease is an infection caused by bacteria from tick bites.

Signs and symptoms: If you have been bitten by a tick within 2 - 30 days and you are feeling unwell with 'flu-like' symptoms, muscle or joint pain, weakness, headache, stiff neck, numbness and have a rash circular ring around the area where bitten.