IMPORTANT!: Anaphylaxis is the most severe allergic reaction.

Insect sting and bite allergies can be caused by:
Bees, hornets, wasps, yellow jackets, spiders and fire ants

If not treated, this can cause seizures, cardiac arrhythmia, shock, respiratory distress, and even death.

SYMPTOMS INCLUDE:
- Light-Headedness
  Dizziness, fainting or unconsciousness
- Tingling
  Tingling of the palms of the hands soles of the feet
- Chest-Tightness
  Constriction of the airways, leading to wheezing and trouble breathing
- Skin Reactions
  Hives, itching, and flushed or pale skin, swelling of the face, eyes, lips or throat

If you are experiencing symptoms of anaphylaxis, CALL 911 RIGHT AWAY!

You can prevent allergic reactions and minimize symptoms by taking medication and being immunized with allergy injection therapy.

- When weather permits, wear long-sleeved shirts and pants
- Don’t walk barefoot on grass
- Avoid bright colors
- Don’t wear perfumes, colognes or scented lotions that may attract bugs
- When near a stinging insect stay calm. Move away slowly and avoid slapping at the insect.

TRICARE covers:
- Allergy tests and treatments are covered during an office visit or during an inpatient stay.
- Prescription medications to prevent and stop allergic reaction are also covered.

Resources:
www.cdc.gov/healthcommunication/tooltemplates/entertainmented/tips/Allergies.html
www.tricare.mil/CoveredServices/IsItCovered/IndividualProviderServices

To learn more, visit www.health.mil/Bugs #BugWeek2019