

PUBLIC HEALTH FACT SHEET

No. 112

TREATING MOSQUITO & MIDGE BITES

MOSQUITOES

- Bite creams and gels are available from your pharmacy. They contain an antiseptic plus a local anaesthetic which helps soothe the bite.
- Occasionally, if the swelling is excessive and itchy, your pharmacist may advise an antihistamine in conjunction with local treatment.
- Should a bite become infected, a visit to your local GP will ensure that correct medication is prescribed.

SAND FLIES (MIDGES)

- Biting midges are a problem near large areas of mangroves, particularly when the moon is full or during a new moon. They are seasonally worse over August-October.
- AVOID mangrove areas around dusk or dawn.
- Mangrove biting midges can fly 2-3 km from mangrove area.
- SELF-PROTECTION and TREATMENT as for Mosquitoes.

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