

Steering Clear of Bites and Stings (*Interview Transcripts*)

Ashley Lisek, APN, Family Medicine, OSF HealthCare

“If you are going to be in any wooded area I really recommend a long sleeve shirt and pants as well as close-toed shoes so you can avoid concerns of getting any tick bites and minimize mosquito bites. Also use mosquito sprays, I would definitely recommend doing that as well. And really just checking yourself if you are out in the woods all day. Make sure you check your body over once for ticks, make sure there is nothing stuck to you – because sometimes you don’t even know they latch on.” (:27)

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“Try to eliminate any extra perfumes or lotions that could be sweet or scented in order to avoid attracting them.” (:10)

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“If you get stung and you start having any itching or irritation, any hives, or swelling that makes you feel like you’re having a hard time swallowing – I would seek emergency treatment because you could be having an allergic reaction.” (:12)

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“If you do see a tick physically on you, you should seek emergency treatment so that we can make sure you get it out. A lot of times people will look online how to remove a tick and then put things on it that are not actually supposed to be on it or won’t help remove a tick that’s on you – so if you have a tick on you or you think you have a tick bite, or any kind of bullseye rash starts to develop where you think you could have been bitten by a tick, I recommend you seek emergency treatment.” (:25)