

A Free Do-It-Yourself Tip from DisasterGuy.com



Bug Bites, Stings, Chiggers, Ticks, and Mosquitoes!

Almost all Bug Bites and Stings have protein-based poisons. Monosodium Glutamate (MSG) tenderizes tough meat by breaking down protein. It will do the same with venom from bees, wasps, fire ants, and a variety of other bug bites. Mix a little MSG with water to make a paste. Daub a little on the bug bite, and the pain and itch will go away within a minute. MSG - *the same stuff used in cooking food* - is sold in the spice section at the grocery store under the brand name "Accent." [We have not tried MSG on scorpion bites, but the principle is the same.]

Chiggers are a problem. Your best bet is to avoid chiggers in the first place by avoiding grassy areas, brush, and other vegetation you'd walk through. Put insect repellent on the shoes, socks, calves, pant legs, behind knees, and on the groin, but never near your eyes, mouth, or nose! Once you get a chigger bite, and it itches, the chigger that caused the problem is already gone. The best way to manage chigger bites is to keep the affected area clean and dry, and apply an anti-itch cream containing cortisone. Putting fingernail polish on the bite doesn't work.

Ticks bite and dig in. Don't try to pull a tick out. Unless you're well trained, 95% of the time you'll end up leaving the head of the tick in your skin. It will continue to itch and will probably get infected. Instead of pulling the tick out, encourage her to leave on her own. Daub a little Vaseline jelly or shampoo on the tick, and it will back out. Cold ashes from a dead campfire, rubbed on the tick, will cause her to let go. Touch a match head that has just been blown out, or the hot end of a cigarette, to a tick, and she will back out. Ticks cause Lyme Disease, so save the tick on a piece of adhesive tape in case you start feeling poorly. Treat a tick bite like a chigger bite.

Mosquitoes can be a real problem, especially near water. Wear light-colored, long-sleeved shirts and long pants. Use an insect repellent spray or cream with DEET, avoiding eyes, mouth, and nose. Avon "Skin-So-Soft" is a mild repellent. Clothes dryer sheets don't work. Mosquitoes in the tropics spread malaria, and recently West Nile Fever has been traced to mosquitoes in Texas. If you live in either area and swat a mosquito, stick her on a piece of adhesive tape in case you start feeling badly in a couple of days. The main treatment for mosquito bites is not itching them and spreading the poison. Treat them like chigger bites.

This information is courtesy of Eric Johnson, an EMT who worked with people in Renaissance Faires, who had poor access to health care. Thanks, Eric!

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