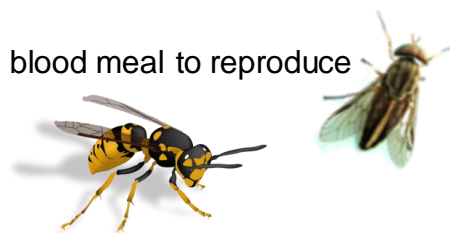




NPGS Niagara Peninsula Geological Society Field Trip Handy Info Sheet Beating the Bugs

Beating the BUGs

- mosquitoes, biting flies, blackflies, horseflies, biting midges, and ticks are most active at dawn or dusk
 - all thrive on blood - particularly the females because they need a blood meal to reproduce
 - sunlight and light breezes deter swarming & biting bugs
- wasps, hornets, honeybees, and bumblebees sting (vs bite)
 - should one land on you, best thing to do is wait for it to fly off (rather than swat it away) (extremely hard to react this way)
- to help keep ticks away from your bare skin, tuck your shirt in, pull socks over your pant legs, and wear a hat - on light clothing, you can more easily see ticks
- avoid wearing dark-colored clothing
 - wear light-coloured clothing (white, khaki, or green) clothing
 - bugs can be attracted by bright colours
 - bugs can also be attracted - depending on the scent - by perfumes and deodorants
 - wear long-sleeved shirts, full-length pants, and closed shoes.



The most successful repellants mask CO₂ and lactose emissions given off by people.

Health Canada: Choosing and using a commercial insect repellent

<http://healthycanadians.gc.ca/product-safety-secure-produits/pest-control-products-produits-antiparasitaires/pesticides/about-au-sujet/insect-repellents-insectifuges-eng.php>

How to make homemade bug spray (cools you down as well) - What you'll need:

- 1) Water
- 2) Witch Hazel - optional - also cooling and anti-inflammatory
- 3) 2 choices & you can combine them
 - a) maximum 30 drops of **essential oils**: tea tree, lavender, citronella, clove, lemongrass, rosemary, eucalyptus, mint, vanilla (oil or extract) - please do not under any circumstances, apply any of the other essential oils directly to the skin - they must be diluted; or
 - b) Avon's **Skin So Soft** (original herbal scent) - can be combined with essential oils or used by itself or directly on your skin (without water)

Instructions:

- 1) Fill a spray bottle (8 oz size is easy to store & carry + fill up later) 1/2 full with cool water.
- 2) Add the essential oil or oils.
- 3) Fill up the rest of the spray bottle with Witch Hazel or water.

Spray it on yourself, on your clothing, and inside your car, tent, etc.

- Neem oil - wonderful for your skin - smells garlicky when you first apply it.

Some treatments:

- treat stings with running cold water
 - apply vinegar with a cold compress & ice (stings are alkaline, vinegar is slightly acidic)
 - a wasp sting is more likely to cause an anaphylactic reaction (vs bees)
- remove the tick as soon as possible
 - apply petroleum jelly or alcohol
 - grab the tick as close to the skin as you can
 - gently pull straight up until all parts are removed (try not to twist or jerk the tick as you're removing it (mouthparts can break off and remain in your skin))
 - once removed, wash the bite & your hands with soap and water
 - apply an antiseptic to the bite + a cold compress & ice to reduce swelling