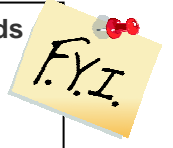




# What Do I Do if I Get an Insect Bite?

## Vocabulary words

- Stinger
- Gauze
- Scarping
- Antihistamine
- Hives



Have you ever been stung by a bee, a wasp, or a hornet? The answer is probably yes! You may have come into contact with all kinds of insects. It is a good idea to learn some basic information on how you can reduce the chances of getting stung. You can also learn how you can take care of yourself if you are stung!

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### Below are tips for keeping bugs away.



- Try not to use soaps, shampoos, and deodorants that have a fragrance or perfume.

- Wear clothes that will protect your body, like long sleeved shirts, long pants, gloves, and a hat.



- Take a shower and wear clean clothing every day, since bees are attracted to sweaty smells.



- If you eat outdoors, keep the eating area clean. Cover all your food containers and trash cans.

- If an insect is flying around, DO NOT swat it. Stay calm. You can lie face down on the ground or slowly walk away from the area.



- If many insects try to attack you at the same time, run away as fast as you can. When bees sting you they release a chemical that may attract other bees. Go inside of a building, or get in a car. If you see a pond or a lake, DO NOT jump into the water to escape from the bees. Some bees may wait and attack you when you come up for air.

### If an insect stings you...

The poison that gets into the skin may cause some allergic reactions. Normally, most people will have a mild reaction. This means that they will feel an itching or stinging sensation. They may also see a mild swelling that will disappear within a day or so.

If you get stung and get this type of reaction, you should:

- Go to a safe area. Ask someone to stay with you in case you get a strong allergic reaction.
- Wash the area with soap and water.

- Remove the stinger by using gauze and wiping over the area, or by scraping a straight-edged object across the stinger. Do not squeeze the stinger or use tweezers.
- Fill a cloth with ice and place it over the infected area to help reduce the pain and swelling.
- Make a paste with baking soda. Leave it on the stung area for a few minutes. The paste can be made by mixing 3 parts of baking soda with 1 part of water.
- You can also ask a pharmacist what kind of an antihistamine you can take to alleviate the symptoms. An example of an antihistamine is Benadryl.

A small number of people can have a very strong allergic reaction immediately. They may feel dizzy and confused. They may have a very hard time breathing. Their lips and throat can become swollen. They may get hives. They may have cramps and vomit. They may become unconscious. If someone has this kind of reaction, it is a medical emergency. Call 911. While you wait for the ambulance you should:

- Find out if the person is carrying a medicine to treat the allergic reaction, for example an EpiPen. Give the person the medicine according to the written instructions on the label.
- Give the person an antihistamine pill if they can swallow it without choking.
- Have the person lie still on his or her back with the feet higher than the head.
- Loosen any tight clothing. Do not give the person anything to drink.

## Vocabulary & Definitions

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<b>Stinger:</b>	The part of the insect's body that has the poison. This stays in your skin when the insect bites you.
<b>Gauze:</b>	A very thin and light piece of cloth that people use to clean and cover wounds. You can buy it in your local grocery store or pharmacy.
<b>Scraping:</b>	To push or draw a straight-edged object across the surface. This could be a phone or credit card.
<b>Antihistamine:</b>	A type of medicine that is used for treating an allergy.
<b>Hives:</b>	Bumps on the skin that are slightly raised, smooth, and flat that cause severe itching.

## Lesson Plan

### What Do I Do If I Get an Insect Bite?

Materials needed	Handouts	Estimated time
<ul style="list-style-type: none"> <li>• Dry erase board and dry erase markers</li> <li>• Pencils</li> </ul>	<ul style="list-style-type: none"> <li>• “What Do I Do If I Get an Insect Bite?” Lesson</li> <li>• “Listening Activity” Handout</li> <li>• Skills Practice Worksheet</li> <li>• Pre-post Workshop Survey</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Hour</li> </ul>

**NOTE TO INSTRUCTOR:** To accommodate the literacy levels and educational experiences of the participants, oral and/or group activities may be substituted for reading, writing, skills practice, and survey activities.

Elements	Activities	Notes
<b>Preparation</b>	<ul style="list-style-type: none"> <li>• Introduce the topic Time: 5 minutes</li> <li>• Conduct the Pre-Test Time: 5 minutes</li> <li>• Introduce the new vocabulary Time: 5 minutes</li> </ul>	<ol style="list-style-type: none"> <li>1. Have you ever been stung by an insect? What was it like?</li> <li>2. What do you do to avoid insect bites?</li> <li>3. What would you do to help a person who has a strong allergic reaction after being stung by an insect?</li> </ol> <ul style="list-style-type: none"> <li>• Distribute Pre-Test, and ask students to turn it in when it is complete.</li> <li>• Write the vocabulary words on the board, and ask the students to read them aloud. Ask the students if they know what they mean. Provide students with the definitions. Use “What Do I Do If I Get an Insect Bite?” Lesson.</li> </ul>
<b>Instructions</b>	<ul style="list-style-type: none"> <li>• Read the lesson on “What Do I Do If I Get an Insect Bite?” Time: 10 minutes</li> <li>• Identify the vocabulary words in the lesson Time: 5 minutes</li> <li>• Distribute and review the <i>Skills Practice Worksheet</i> with the students, and ask them to complete it Time: 25 minutes</li> </ul>	<ul style="list-style-type: none"> <li>• Instructor leads guided reading of topic.</li> <li>• Students identify the vocabulary words by circling them in the lesson.</li> <li>• <b>Activity 1:</b> Students have 10 minutes to complete this activity.</li> <li>• <b>Activity 2:</b> Students have 10 minutes to complete this activity.</li> <li>• <b>Activity 3:</b> Students have 5 minutes to complete this activity.</li> </ul>
<b>Concept Check</b>	<ul style="list-style-type: none"> <li>• Conduct Post Test Time: 5 minutes</li> </ul>	<ul style="list-style-type: none"> <li>• Students complete Post Test.</li> </ul>



# What Do I Do If I Get an Insect Bite?

## Practice Worksheet

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### ➤ Activity 1: Let's Read the Newspaper! THE ONE I DID FIRST

Kern County, CA – Yesterday afternoon, in an almond orchard, a swarm of bees attacked a group of farmworkers. Apparently, a farmworker hit a beehive by accident with a stick. About 20 people were stung, and one man had around 1000 stings. This man died before the ambulance arrived in the field. Farmworkers said that he tried running really fast. All of a sudden, he could not breathe anymore. His face was swollen and full of hives. His coworkers gave him water to help him but the water did not help. Authorities are now investigating the cause of his death.

1. Why do you think the farmworker died?

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2. What would you have done while help was on the way?

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### ➤ Activity 1: What Can I Do To Protect Myself From Insects?

Next to each illustration, write down what you should do to keep insects away from you.



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### ➤ Activity 3: Now, Listen Up!:

Listen to your teacher's instructions carefully.

Question	True	False
1	<input type="radio"/>	<input type="radio"/>
2	<input type="radio"/>	<input type="radio"/>
3	<input type="radio"/>	<input type="radio"/>
4	<input type="radio"/>	<input type="radio"/>
5	<input type="radio"/>	<input type="radio"/>

Listening Activity  
What Do I Do If I Get an Insect Bite?

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**Listening Activity**  
**Now, Listen Up!**

**Purpose:** To practice listening comprehension

**Time:** 5 minutes

1. Tell your students that in this activity they will practice their listening comprehension skills.
2. State that you are going to read five different statements twice.
3. Let them know that after you finish reading the statement for the second time, they need to decide whether the statement is true or false.
4. At the end, check the students' answers to make sure they are correct. If some students do not have the right answer, invite other students to participate in the discussion until the information is clear.

True or False?

Statement	True	False
1) If you get stung by an insect, you should wash the area with soap and water.	<input checked="" type="radio"/>	<input type="radio"/>
2) When you get stung by an insect, there is nothing you can do to reduce the pain and the swelling.	<input type="radio"/>	<input checked="" type="radio"/>
3) The best way to remove the stinger is by using tweezers.	<input type="radio"/>	<input checked="" type="radio"/>
4) If one stinging insect is flying around you, YOU SHOULD NOT swat at it to make it go away.	<input checked="" type="radio"/>	<input type="radio"/>
5) If many stinging insects try to attack you, you should run away and get inside a building or a car to be safe.	<input checked="" type="radio"/>	<input type="radio"/>



## What Do I Do if I Get an Insect Bite?

### Pre-Assessment

Date: \_\_\_\_\_

Name: \_\_\_\_\_

1. Can insects bite or sting you?

Circle the correct answer.

Yes

No

2. Which of the following is something you can do to take care of an insect bite or sting?

a. make a baking soda paste

b. remove the stinger

c. wash the area with soap and water

d. all of the above

3. If a person passes out because of an insect bite, what should you do?

call 911

keep on working

4. An *antihistamine* is a type of medicine to treat allergies.

True

False

5. If many insects try to attack you at the same time, should you go inside a building or a car?

Yes

No

Total Correct: \_\_\_\_\_



# What Do I Do if I Get an Insect Bite?

## Post-Assessment

Date: \_\_\_\_\_

Name: \_\_\_\_\_

1. Can insects bite or sting you?

Circle the correct answer.

Yes

No

2. Which of the following is something you can do to take care of an insect bite or sting?

- a. make a baking soda paste
- b. remove the stinger
- c. wash the area with soap and water
- d. all of the above

3. If a person passes out because of an insect bite, what should you do?

call 911

keep on working

4. An *antihistamine* is a type of medicine to treat allergies.

True

False

5. If many insects try to attack you at the same time, should you go inside a building or a car?

Yes

No

Total Correct: \_\_\_\_\_

What are some things you can do to keep bugs away from you? (not scored)

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