

Allergy Clinic, P.A.

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Diplomates of American Board of Allergy and Immunology

AVOIDANCE OF STINGING INSECTS

- Do not wear brightly colored clothing. If you look like a flower, certain insects will seek you out. Earth colored or dark colored clothing of a uniform color, such as khaki, is recommended.
- Do not wear perfume, hair spray, cologne, or other sweet smelling items, which will attract insects. If you smell like a flower, insects may seek you out.
- Do not wear open shoes in deep grass. Many insects will be on or near the ground and if you step on them, either barefoot or with sandal type shoes, they will be able to sting you. Closed shoes such as tennis shoes or loafers are recommended.
- Do not reach under items such as houses, eaves, picnic tables, porch swings, etc., without having someone check for the presence of nests.
- Do not move things in a garage or barn without checking for nests first.
- Do not lift old boards or move woodpiles without checking for nests.
- Be careful in parks near areas where pop cans have been deposited in trashcans. This is a high “draw area” for insects.
- Do not sit in an area where many open pop cans are in use. If you are drinking pop, pour it into a closed container and drink small amounts from a cup.
- Be careful about riding down the highway with your windows open especially wing windows. If an insect is blown into the car, pull over to the side of the road safely and exit the car. Do not attempt to deal with the insect while you are driving.
- Wear insect repellents when outside the home. Many of these will prevent insect approach.
- Should you encounter an insect in your home, motel room, or other area, have other people deal with the insect if you have bad reactions.



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