



## Bites & Stings

can be a painful and common injury around campus. To protect yourself and your crews, follow the safety precautions below.

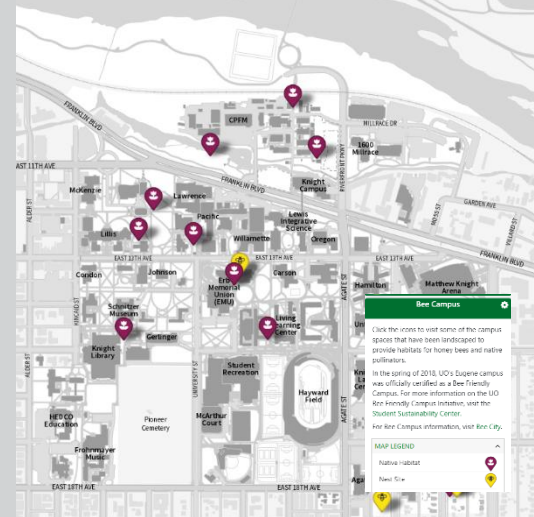
### What to do!

- Although not required, it's recommended to let those around you know if you have an allergy to insect bites or stings. If so, bring the required medicine and inform your colleagues where you keep it so they can assist in an emergency.
- Learn how to identify the common bees, wasps, ticks, and spiders in the area you'll be working in. Identifying the insect can be important for medical conditions and allergies, as well as treating the wound.
- Be aware of your surroundings! Ticks and spiders can be found in tall grass and vegetation. Wasps can burrow in underground hives and are attracted to food waste/garbage.
- Common bee/wasp prevention:**
  - Unless it's part of your job, stay out of planting beds and don't disturb vegetation. If you work in these areas, inspect them to look for bee/wasp activity before beginning work.
  - Remove food and sugary items from the work area.
  - Use non-floral scented products.
  - Wear closed toed shoes and long pants/shirt.
  - Stay calm. Bees and wasps can be more aggressive if you try to shoo them away.
- Common spider prevention:**
  - Wear protective gloves and other PPE when working in environments spiders are commonly found.
  - Don't stick your hands/feet into dark spaces without first using a light or tool.
  - Press on gloves and boots and give them a shake before putting them on.
- Common tick prevention:**
  - Tuck in clothes and limit skin exposure. Wear long pants, long sleeved shirt, gloves, long socks, boots or closed toe shoes.
  - Check for ticks before entering vehicles, and again at home. Clothing used in tick infested areas can be stored in a garbage bag and put in a dryer to kill off any ticks.
  - Keep an eye on tick bites from ticks known to carry diseases (you can find more information at the Oregon Health Authority website and Center for Disease Control).
- Common symptoms of bites and sting:** sharp initial pain, skin discoloration near the bite/sting, swelling, itchy skin.
- Symptoms of an allergic reaction:** hives, difficulty breathing, swelling of the tongue and throat, lightheadedness or dizziness, **if you experience any of these symptoms call 911**. Other symptoms may include stomach cramps, nausea, diarrhea, fast pulse. Report all bites/stings to your supervisor.
- Take pictures of stings/bites if unsure what the sting/bite is from. This can help medical responders if you have a serious reaction. If possible, save any ticks to show to the medical professional.
- The UO is a bee friendly campus. Report bee and wasp activity to CPFM Work Control (541-346-2319) so beehives can be relocated on campus and wasp nests removed.



Photos from Adobe Stock

Paper wasp, Bumblebee, Yellowjacket, Wood tick (American dog tick), Deer tick



UO Maps – Bee Campus

