

What to do in case of a puncture?

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In summer, regardless of whether you choose the sea or the mountains, we risk becoming the "prey" of many animals found both in Italy and abroad: from spiders to ticks, from mosquitoes to fleas, on bugs. The bites of animals and insects occur more frequently and, if not properly treated, can pose a health risk. The **World Association for Infectious Diseases and Immunological Disorders (Waidid)** gives some useful recommendations for dealing with (not really desirable) meetings with insects and other animals. "Rashes, allergic reactions and neurological manifestations such as meningoencephalitis are all serious complications that can occur after insect bites or animal stings," warns **Susanna Esposito**, President **Waidid** and a professor of pediatrics at the University of Perugia ¹; in any case, calm is at first. Preserve: The arousal actually accelerates the heartbeat and contributes to a faster

spread of the poison of the animal in question. Avoid survival maneuvers and consult your doctor. If respiratory manifestations or blood pressure drop, he must be notified immediately. In these cases, timely intervention can save lives. Here are the recommendations of **Waidid**: Spiders to watch for. Although 98-99% of their bites are harmless, in dormant cases the bite is necrotic wounds, systemic. If the lesion does not cause excessive symptoms, it may be possible to perform simple first aid maneuvers (applying ice, resting and lifting the extremity) to limit the symptoms, in case of a more severe reaction (allergy or systemic toxicity), it is advisable to consult a doctor immediately. In Italy, there are mainly three types whose bite is of medical importance to humans: *Loxosceles rufescens* commonly referred to as spider [19659006]. Violin denotes a dark spot on the violin-shaped ridge

(Sardinia, Sicily and smaller islands); *Lycosa Tarentula* or tarantula, spider covered with black and brown hair (found in central and southern Italy); *Latrodectus mactans*. Also known as Widow Black (especially in North America). Eye on the ticks: how to remove them. The peculiarity of mint is to insert under the skin. To do this, you must first proceed with the removal by an accurate procedure. It is advisable to take the tick with a thin pair of tweezers. The movement to remove the parasite does not have to be decided, but continuous and rotating. In some cases, however, traces of mint may remain, which should be removed with a sterile needle in a short time. After removal, it is advisable to disinfect the affected area and keep it under constant observation for a month. The tick bite can transmit to humans very dangerous diseases, including the disease Lyme (distributed in Friuli-Venezia Giulia, Liguria, Veneto, Emilia Romagna, Trentino

Alto Adige) and Meningoencephalitis] Mints (common in Veneto and generally in north and central Europe) The tiger mosquito, attention morning and evening In our country Aedes albopictus (tiger mosquito, characterized by a black Body with white transverse ligaments on legs and stomach), which is active from early March to early December in the early morning hours and at sunset, is a carrier of diseases such as Chikungunya fever and dengue fever, manifesting with flu-like symptoms or with neurological manifestations can. The therapy is exclusively symptomatic. Pulci what they cause in humans The flea bites of domestic animals (cats and dogs) in humans cause small erythematous pomfoid lesions surrounding the site where the flea bit the host. They seem to favor the lower extremities. Finally, for relief, it is possible to make ice packs on the lesions. However, if wheals or blistering caused by flea bites are particularly annoying, cortisone may be used for topical application. In systemic allergic reactions, antihistamines may be used for topical or systemic use. Preventing pesticide treatment in pets is essential, and in the

event of a home-based flea infestation, appropriate disinsection by specialized companies is advisable. Bedbugs, annoying bites, but not for long In hotels often, they nestle in hidden places between mattresses and pillows, but sometimes also in sofas and armchairs. They cause very annoying bites, even if they disappear in a few days. Those suffering from bed bug saliva allergy can develop blisters and lesions that are difficult to heal. In order to eliminate them permanently, it is recommended to make a washing machine of garments and various garments at 90 °. and Hornets if present Sting must be taken to remove them within 20 seconds and leave no residue. Ice packs used for at least 20 minutes are useful for relieving pain and reducing inflammation. Then wash with cold water. It is also useful, if possible, to identify the responsible insect. In the event that these precautions are insufficient, corticosteroids for topical use and possibly antihistamines must be administered orally. The possibility of allergic reactions should be evaluated. If the patient has hives and edema, he can only be treated with an oral cycle of antihistamines and steroids and should be monitored for at least 4

hours. If the situation is more severe, ie respiratory or abdominal pain, adrenaline is the drug of choice. Viper, what to do at Bite The Italian Vipers have a bite that is lethal in only 0.1% of the cases, and mortality almost always depends on complications such as allergic reactions, heart attacks or strokes and not from the direct effect of the poison. The Vipers of Trentino and the Tuscan-Emilian Apennines generally have a more concentrated poison. The bitten person must avoid any movement as this would accelerate the distribution of the poison in the body. For this reason, the ideal position is the supine position. The affected part of the skin must be washed with soap and water and then disinfected with alcohol-free solutions, as this increases the toxicity of the poison. If the bite is in the upper limb, it is advisable to remove rings and bracelets or watches before the appearance of swelling. About 5-6 cm before the wound, a suture should be applied to stop the lymphatic circulation that carries the poison. However, make sure that you do not over tighten it, otherwise there is a risk that the blood circulation will be blocked. Ice can be applied to the bite area. Exciting drinks such as tea

or coffee can be given as they help prevent dangerous drops in blood pressure. Transporting the injured person to the emergency room is essential. Tracine, instantly remove the spines Typically for the sandy bottom, from 2 to 50 meters of depth, a hand may inadvertently rest one hand or walk on its aculei . These penetrate the skin and release a toxin that immediately causes very severe pain, and the point of inoculation of the poison turns red and swells. Sometimes tingling may occur, a loss of feeling in the part affected by bite, nausea, vomiting and fever. To relieve pain, rinse the affected area with fresh water. If necessary, remove the spines stuck in the skin. Considering that heat destroys the poison and blocks its spread, it is useful to place your foot under very hot sand (or even hot water). This gives an immediate sense of relief. Be sure to avoid using ice or ammonia. The poison of the troll is not considered "dangerous" for humans, although severe pain, especially in younger people, can lead to nausea, vomiting and fever.