



InterMed Pediatrics: Maine Summer Safety Guide

Quick tips for ticks, bug bites, poison ivy, browntail moth, and sunburns

Summer is a great time to get outside and explore! A few simple precautions can help keep your family safe from ticks, insect bites, sunburns, and other common summer hazards.

Before You Head Outside

Sun Protection

- Apply SPF 30+ sunscreen.
- Reapply every 2 hours and after swimming.
- Wear a hat and sunglasses.
- Seek shade between 10 a.m. and 4 p.m.
- Keep babies younger than 6 months out of direct sunlight whenever possible.
- Pay special attention to the ears, nose, cheeks, neck, shoulders, and lips.

Bug Protection

- Apply bug spray containing DEET or picaridin.*
- To kill ticks, pre-treat your outdoor clothing and gear with 0.5% permethrin.**
- Wear long sleeves, closed-toed shoes, and pants in wooded or grassy areas .
- Keep babies under 2 months protected with clothing and bug netting.
- DO FULL BODY CHECKS DAILY FOR TICKS.

**DEET and picaridin are safe and effective when used as directed. For children, use products containing 30% DEET or less.*

***Once dry, 0.5% permethrin applied to clothing kills ticks, but is safe to humans. Apply and reapply as directed on the bottle.*

I Found a Tick

What to Do

- Remove the tick with fine-tipped tweezers.
- Pull straight upward with steady pressure.
- If the head of the tick does not come out, you do not need to dig for it. The body will shed it in the next few days.
- Wash the area with soap and water.
- Watch for symptoms over the next few weeks.



Good to Know

Redness from a localized reaction around the bite is common during the first few days and then gradually fades.

Check your child for ticks after spending time outdoors, especially around the ears, scalp, armpits, groin, and behind the knees.

Call Us If...

- The tick is identified as a deer tick, was attached for more than 24 hours, and appears swollen. Dog ticks do not transmit disease and do not require treatment.
- Your child develops a rash, fever, headache, joint pain, or flu-like symptoms.

My Child Has Bug Bites

What to Do

- Wash the area with soap and water.
- Apply hydrocortisone cream, calamine lotion, or a cool compress.
- Encourage your child not to scratch.



Good to Know

Large, swollen local reactions to bites over the first 72h are common in children and are not typically related to an allergy.

Swollen glands near a bite are also common and usually go away on their own.

Bites near the eyes often cause significant swelling and can look worse than they are.

Call Us If...

- Redness continues to spread.
- The area becomes painful, warm, or drains fluid.
- Your child develops a fever.

My Child Has Poison Ivy, Oak, or Sumax

What to Do

- Apply calamine lotion or 1% hydrocortisone cream.
- Use cool compresses for itching.
- Keep fingernails short to reduce scratching.

Call Us If...

- The rash is on the face or genitals.
- The rash covers a large area of the body.
- Signs of infection develop.
- Itching is severe or disrupting sleep.

My Child Has a Browntail Moth Rash

What to Do

- Wash exposed skin with soap and water.
- Apply hydrocortisone cream.
- Consider an age-appropriate antihistamine if needed.

Call Us If...

- The rash is severe.
- Large areas of skin are affected.
- Significant swelling, redness, or pain develops.



Good to Know

Browntail Moth Rash Spray:

- 1/2 30gm tube of hydrocortisone 1% cream (e.g. Cortizone-10)
- 1/2 30gm tube of diphenhydramine hydrochloride 2% and zinc acetate 0.1% cream (e.g. Extra Strength BENADRYL®)
- 1/4 30 gm tube lidocaine 4% cream (e.g. Aspercreme®)
- 1/4 cup witch hazel solution

Apply twice a day to affected areas. Refrigerate. Discard after 30 days.

****Liberally spray outdoor toys, furniture, decks, etc., if browntail caterpillars are present to eliminate the hairs that cause the rash.**



My Child Has a Sunburn

What to Do

- Give cool baths or apply cool compresses.
- Encourage extra fluids.
- Use acetaminophen (Tylenol) or ibuprofen (for children 6 months and older) as directed.

Call Us If

- Blisters develop.
- Your child has dizziness, fever, or signs of dehydration.
- Pain is severe or worsening.

Safety Summer Reminders

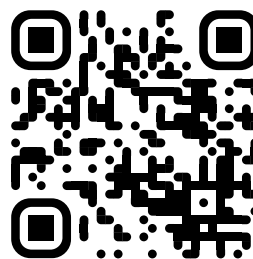
- Check for ticks every day.
- Use sunscreen and bug spray every time you head outdoors.
- Keep children hydrated.
- Remember that sunburns can happen even on cloudy days.
- When in doubt, give us a call - we're happy to help.



Need Care Now?

Not sure if your child needs to be seen? Visit our Get Care Now page to explore care options, including:

- Online scheduling for sick visits
- InterMed On Demand virtual care
- Urgent care options



Scan the QR code or visit:
intermed.com/get-care-now