

# No Insect Bites Please!

Summer would be one of the nicest times of year, if it weren't for one thing: **annoying** insects. They ruin our joy outdoors, plague us with uncomfortable swollen bites and **stings**, and may cause serious illness.

**T**hose who are lucky hardly react at all to insects bites and stings. Others, however, may be so allergic that they suffer a severe allergic reaction known as anaphylaxis. **Bee** and wasp stings have the highest potential of **triggering** anaphylactic shock, which is basically an overreaction of the immune system. Luckily, only a very small **minority** of people are likely to develop a massive anaphylaxis. Whether your customer is extre-

mely or only slightly allergic, the best advice for them is: **Avoidance** of getting bitten or stung! This is where the PTA at the pharmacy comes in ...

**Pharmacy customer:** Good morning.

PTA: Good morning. What can I do for you?

**I've run out of insect repellent.**

We have this one here that protects for up to 8 hours from **midges**, **horse flies** and **ticks**. It's easy to apply and is really effective.

**Yes, I know that brand and you are right, it is good.**

We have it as a spray and in roll-on form. I think that the roll-on is very useful as you can put it in your handbag.

**That's a good idea. I'll take a roll-on and a spray.**

I can also recommend a **non-sedating** antihistamine.

**Antihistamine? Really? I thought that was only for hay fever!**

Certainly. But it is a good idea to take an antihistamine, especially if you tend to react to insect bites and stings.

**Why?**

Well, in the most extreme cases what happens is that the immune system mistakes harmless proteins as a

**threat** and releases a "**wave**" of antibodies. The antibodies, **in turn**, trigger the release of various chemicals, including histamines.

**Okay! Is there an antihistamine that you can recommend?**

Of course, this OTC-product here is one of the most popular on the market, and it is not that expensive either.

**What about painkillers? The last bee sting that I had "burned" for ages after the bee was dead.**

It's best to take **non-steroidal anti-inflammatories** such as ibuprofen. As the name suggests, they reduce inflammation and thereby **soothe** the pain. It's also a good idea to remove the bee-sting immediately, disinfect the affected area, and start to cool it as soon as possible.

**Good that you said that! I'll take a packet of painkillers and I also need one of those gel packs. You know, the ones that you can put in the deep freeze?**

Would you like one that is already cooled, or just **off-the-shelf**?

**You have them in the deep freeze? Now that is a good service! I'll take an off-the-shelf pack.**

Oh, you'd be amazed at how many people come to us with badly swollen insect bites. Do you have any gel for **treating** the affected **area**.

**Yes, but I've run out of that too!**

This gel here contains a mild topical hydrocortisone and, I find it very **fast-acting**.

**Yes, that's the one that I had last year. It's good that I take a small backpack with me when we go trekking with the family. Someone usually gets bitten! Thank you for your very patient help! Bye now!**

Not at all! Bye! ■

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## VOCABULARY

Bite	Biss
annoying	nervig
stings	Stich, Insektenstich
bee	Biene
triggering	Auslösen
minority	Minderheit
avoidance	Vermeidung
insect repellent	Insektenschutzmittel
midges	Mücken
horse flies	Bremsen
ticks	Zecken
non-sedating	nichtsedierend
hay fever	Heuschnupfen
threat	Gefahr
wave	Welle
in turn	wiederum
non-steroidal anti-inflammatory (NSAID)	nichtsteroidal Entzündungshemmer
soothe	beruhigen, lindern, mildern
off-the-shelf	direkt vom Regal
treating	behandeln
fast-acting	schnell wirkend