



KNOW Before You Go!

SPIDERS

Spiders get a pretty bad rap in the world of first aid. Plenty of red, raised welts have been identified, either correctly or incorrectly, as spider bites. Despite the belief by many victims that spiders are responsible for their pain, spider bites are often harmless. Indeed, most true spider bites go unnoticed and untreated. In the United States, black widow spiders are often considered the most venomous. Brown recluse spiders have garnered plenty of attention in the last ten years or so. Despite the large wounds often associated with brown recluse, they are much less likely to cause significant injury than black widows. Brown recluse are also misdiagnosed quite often, with abscesses attributed to them that they didn't cause. Brown Recluse spiders are only found in the Southeast United States.



Checklist

- Reduce clutter, especially in your closets, garages, basements and attics, as spiders prefer quiet, undisturbed areas.
- Look before moving firewood, building materials and debris. Keep shrubs, vines and tree limbs trimmed away from the side of your home.
- Install yellow or sodium vapor light bulbs at outside entrances. They are less attractive to night-flying insects, which help to draw in spiders.

Places to check indoors include:

- Check basements, attics, crawl spaces, closets, under/behind furniture, inside shoes, boxes of stored items and between hanging clothes.
- Shake out your bed linens before getting into bed at night.

Places to check outdoors include:

- Check barns, utility sheds, woodpiles and underneath lumber, rocks and accumulated debris. To avoid being bitten, wear work gloves when performing your inspection.

When going out, always ask yourself:

- Do I have insect repellent spray?
- Have I done my research on spiders do's and don'ts?
- Do I have an emergency first aid kit?