

## Protecting yourself from insect bites

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RICHMOND, VA (WWBT) - It's the time of year when creepy-crawling bugs are looking for something to bite. And you just might be their target.

Ticks and chiggers can make your life miserable. And it is not hard for them to find you, they are probably living in the grass outside your front door.

It's the time of year when these bugs emerge for the summer season, and no matter where you go, it is difficult to avoid them.

"All you got to do is walk across the grass, they are out there," said Patient First Dr. Ken Lucas.

Dr. Ken Lucas is already seeing more people at Patient First complaining about the tiny bites. Ticks are visible and often lodge themselves in your skin. Chiggers are microscopic and can bite without you even knowing it. In rare cases ticks can lead to things like Lyme disease. Chiggers are just annoying.

"They are not associated with any serious illness other than you may lose your mental health due to all the itching," said Lucas.

But Doctor Lucas promises the itch and the annoyance will eventually go away.

"They go away but usually it takes a lot longer than what people are willing to put up with. A week or longer often," Dr. Lucas said.

So that is right those bugs are probably in the grass right outside your front door and aside from locking yourself inside there isn't much you can do to avoid them.

If you know you are going to be doing an activity that will bring you into direct contact, like cleaning gutters, you should wear gloves and long sleeves.

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