Mayo Clinic Minute: Easing the itch of mosquito bites

<table>
<thead>
<tr>
<th>VIDEO</th>
<th>AUDIO</th>
</tr>
</thead>
<tbody>
<tr>
<td>(nats of swatting on the skin)</td>
<td></td>
</tr>
</tbody>
</table>

**Jason**

There are millions of mosquitoes swarming this summer, sucking blood and leaving itchy, red bumps on the skin.

**Summer Allen, M.D.**  
**Family Medicine**  
**Mayo Clinic**

“Their saliva deposits in the skin from where the bite is, and it's causing a reaction to that saliva.”

**Dr. Allen**

Dr. Summer Allen, a Mayo Clinic family physician, says some of the tried-and-true home remedies for treating mosquito bites work well. Calamine lotion, over-the-counter hydrocortisone cream and even a cold compress can ease the itch.

**Dr. Allen**

“It's going to sooth and kind of calm down that intense burning and inflammation that they’re feeling in their skin.”

**Jason**

And, while it’s not always easy, it’s important to keep the itching to a minimum.

**Dr. Allen**

“If they itch it hard enough, or depending on what they use to itch their skin, they can cause a break in their skin. They can develop a bacterial infection.”

**Jason**

Although using insect repellent and other prevention tips can reduce your chances of being bit, really, getting at least one skeeter bite this summer is almost inevitable.

**Dr. Allen**

“Time takes care of it, and try to do your best not to itch it if you can.”

**Jason**

For the Mayo Clinic News Network, I’m Jason Howland.