



# the LEAF

Cottonwood Ranch Community Newsletter

June 2019

## No-See-Ums

No-see-ums are small biting flies that appear during the summer months. These tiny biting insects are barely visible to the naked eye, but their bites can be painful and annoying. Also known as biting midges or punkies, these minute insects are probably familiar to outdoor enthusiasts, gardeners, farmers, and ranchers.

Adult no-see-ums are less than 1/16 inch



Bites of these tiny flies are painful and irritating. The bite usually starts as a small red welt or water filled blister that itches. Once scratched, the welt can break open and bleed, but the itching usually continues. Dermatologists recommend topical cortisone creams and non-steroidal anti-inflammatory drugs such as aspirin or ibuprofen. No-see-ums are primarily a nuisance. The major medical issue associated with them is aller-