

**Hello Penobscot Shores Friends,**

Please note that despite the extensive work that has been done to curtail the Brown Tail Moth on our campus, there remains a significant presence along the shoreline.

In short, we have done everything we can to curtail the Brown Tail Moth on our campus. Unfortunately, they will be with us through mid-July likely.

To limit your exposure I would recommend the following

- 1) avoid places that appear to be infested like our water front/gazebo area
- 2) Wear a mask to avoid inhaling the hairs they shed
- 3) Wear protective eyewear and cover exposed areas of skin.

If you do get a rash from exposure the following is generally recommended to the public but as always you may want to check with your healthcare provider. Erin Payson in the Population Health Department at WCGH is also a good resource. She can be reached at 505-3232.

**General Treatment**

- Wash any exposed areas of the body with mild soap and water after exposure.
- Treatment for brown tail moth rash is similar to that for any contact dermatitis.
- Apply topical cortisone ointment or cream (such as 1% hydrocortisone that can be obtained over the counter).
- Take non-sedating antihistamines (such as loratadine/Claritin, fexofenadine/Allegra) during the day
- Take a sedating antihistamines (such as diphenhydramine/Benadryl) at night if needed.
- Avoid heat and hot water. Take cool to lukewarm showers.
- Use colloidal oatmeal (such as Aveeno) for baths and compresses.
- Non-scented, non-medicated skin moisturizers applied a few times daily may be helpful.
- If rash is severe and/or covers large areas with swelling, redness and pain see your primary care provider as prescription medication may be warranted.

**Brown Tail Moth Rash Spray**

Combine the following ingredients in a spray bottle and shake well

- 1/2 30 gm tube of hydrocortisone 1% cream (e.g. Cortizone-10)
- 1/2 30 gm tube of diphenhydramine hydrochloride 2% and zinc acetate 0.1% cream (e.g. Extra Strength Benadryl)
- 1/4 30 gm tube lidocaine 4% cream (e.g. Aspercreme)
- 1/4 cup witch hazel solution

Apply twice a day to affected area. Refrigerate. Discard after 30 days.