



Nairobi Fly or Paederus Beetle

Nairobi Fly or Paederus Beetle

The **Nairobi Fly**, aka the **paederus eximius beetle**, **paederus beetle** are commonly found east and west Africa, more prevalent during rainy season. Different species of rove beetle are found different parts of the world that cause Paederus dermatitis.

The toxin they release is worse than a cobra's venom, you need to be extra careful. Approximately 1cm in length, these red and black insects can neither sting nor bite, but they can cause a skin irritation known as **Paederus dermatitis**, when crushed against the skin.

This is because their haemolymph contains **pederin**, which is a potent toxin.

Beetle is attracted to fluorescent light



Prevention

- Avoid contact with the beetles in the first place.
- Keep your body covered as much as possible in the infested areas.
- Keep the accommodation & bridge doors closed.
- If a *Paederus* beetle settles on a person's clothing or skin, the person should gently shake or brush it off with something other than his or her hands.
- If you see one crawling on your skin, blow it off rather than brush it away. This reduces the risk of crushing it. You can also use a piece of paper to remove it from your skin.
- If a *Paederus* beetle is accidentally crushed against the skin, immediately wash the affected area with soap and water. Pederin slowly penetrates the skin. Washing shortly after exposure will remove much of the toxin before it has time to harm the skin. The skin reaction to pederin is delayed and may take between 12 and 36 hours to occur after the initial exposure.



Nairobi Fly or Paederus Beetle

Symptoms

- Releasing pederin by crushing a Paederus beetle against the skin may cause little to no immediate effect, but usually results in itching, burning, erythema, and oozing 12 to 36 hours later.
- Two to three days after contact with the beetle, the area may redden and swell, and small blisters may appear, which may progress to look like boils.
- The skin irritations caused by the beetle usually affect the neck, arms and face usually body parts not covered by clothing.
- In Africa, a condition known as Nairobi eye occur when you come into contact with the beetle's body fluid or blood. This is when you touch your eye with hands that have come into contact with the Nairobi fly's toxins, leading to the swelling of the eye, redness, or further complications.
- For areas around the joints, where the Nairobi fly may have been crushed, lesions may appear, and these can usually be seen only when the affected area begins to look like a burn.
- Further crusting and scaling may occur, but most symptoms resolve in two to three weeks.
- Occasionally, areas affected by the Nairobi fly may develop secondary bacterial infection, and this may seem like a skin infection. In addition, the affected area may develop dark patches.

Treatment

- If lesions appear, initial treatment may include cold, wet compresses, followed by the application of calamine lotions or topical corticosteroids.
- Contact company doctor for further treatment