

PREVENT BUG BITES



What To Know before You Go!

Bugs can spread diseases!















Wearing insect repellent with at least 20% DEET protects against mosquito and tick bites*.

Use insect repellents according to package directions, and reapply as directed. Higher percentages of the active ingredient provide longer duration of protection.

Apply protection!

When applying both sunscreen and insect repellent, apply sunscreen first, let it dry, then apply insect repellent.



Other ways to prevent bug bites



- * As much as possible, wear long pants and sleeves. Tuck shirts in and tuck pant legs into socks.
- Use permethrin-treated gear (such as tents and sleeping bags) and clothing.
- Sleep in places that are air conditioned or screened against bugs.
- Sleep under a bed net if sleeping area is exposed to the outdoors.



If you get sick after traveling, see a doctor. Tell the doctor where you traveled.



Examples of diseases spread by bugs:

Mosquitoes:

dengue, chikungunya, malaria, Zika, yellow fever, Japanese encephalitis

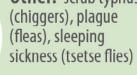


Ticks:

African tick-bite fever, Mediterranean spotted fever, tickborne encephalitis



Other: scrub typhus (chiggers), plague (fleas), sleeping



*Other insect repellents are approved to prevent mosquito bites: picaridin, IR3535, oil of lemon eucalyptus or para-menthane-diol, or 2-undecanone. See http://wwwnc.cdc.gov/travel/page/avoid-bug-bites for more information.



U.S. Department of **Health and Human Services** Centers for Disease Control and Prevention

http://www.cdc.gov/travel www.facebook.com/CDCTravelersHealth twitter.com/CDCtravel

