Mosquito Bite Protection for Overseas Travelers

FloridaHealth.gov • Florida Department of Health

Mosquitoes spread viruses and parasites that cause diseases like chikungunya, dengue, Zika and malaria. Before you travel to areas where these diseases are found, talk to your health care provider about your health concerns, and ask about malaria prevention medicine.

Mosquitoes can live indoors and will bite at any time, day or night.

Bring Environmental Protection Agency (EPA)-registered insect repellents

When you travel to areas with mosquitoes, bring an EPA-registered insect repellent. Use products with active ingredients that are safe and effective.

- Always follow the product label instructions.
- Do not spray repellent on skin under clothing.
- If you use sunscreen, put sunscreen on first and insect repellent second.
- It is safe for pregnant or nursing women to use EPA-approved repellants if applied according to package label instructions.
- Learn more: www2.epa.gov/insect-repellents.

USE INSECT REPELLENT WITH ONE OF THESE ACTIVE INGREDIENTS	BRAND EXAMPLES* Overseas brand names may vary.
DEET	Off!, Cutter, Sawyer, Ultrathon
Picaridin (KBR 3023), Bayrepel and icaridin	Skin So Soft Bug Guard Plus, Autan (outside the U.S.)
Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)	Repel
IR3535	Skin So Soft Bug Guard Plus Expedition, Skin Smart

Higher percentages of active ingredient=longer protection

Cover up with clothing

- Wear long-sleeved shirts and long pants.
- Mosquitoes can bite through thin clothing. Treat clothes with permethrin or another EPA-registered insecticide for extra protection.

Use permethrin-treated clothing and gear.

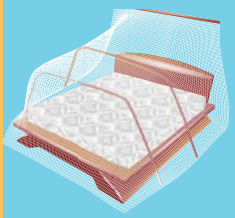
- Permethrin is an insecticide that kills mosquitoes and other insects.
- Buy permethrin-treated clothing and gear (boots, pants, socks, tents), or use permethrin to treat clothing and gear—follow product instructions closely.
- Read product information to find out how long the permethrin will last.
- Do not use permethrin products directly on skin.

Keep mosquitoes out of hotels rooms & other lodging

- Choose a hotel or lodging with air conditioning and screened windows and doors.

If you will be sleeping outside or in a room that is not well screened, buy a bed net BEFORE traveling overseas.

- Buy bed nets from an outdoor store, and choose a WHOPES-approved bed net (like Pramax*): compact, white, rectangular, with 156 holes per square inch and long enough to tuck under a mattress.
- Permethrin-treated bed nets provide more protection than untreated nets.



- Do not wash bed nets or expose them to sunlight—this will break down permethrin more quickly.
- Learn more: www.cdc.gov/malaria/malaria_worldwide/ eduction/itn.html.

01/2016

www.cdc.gov/features/StopMosquitoes

* The use of commercial names is to provide information about products; it does not represent an endorsement of these products by the Centers for Disease Control and Prevention or the U.S. Department of Health and Human Services.

If you are travelling with a baby or child:

- Always follow product instructions when applying insect repellent to children.
- Spray insect repellent onto your hands and then apply to a child's face.
- Do not apply insect repellent to a child's hands, mouth, cut or irritated skin.
- Do not use insect repellent on babies younger than 2 months.
- Use permethrin-treated clothing and gear (such as boots, pants, socks, tents)or purchase permethrin-treated clothing and gear. Read product information to find out how long the protection will last.
- Do not use permethrin products directly on skin.
- Dress babies or small children in clothing that covers arms and legs.
- Cover cribs, strollers or baby carriers with mosquito netting.

When you return home:

- Avoid being bitten by mosquitoes for three weeks—especially if you feel sick. This will help prevent infection of local mosquitoes.
- Drain standing water near homes and businesses at least weekly. This will keep local mosquito populations low and prevent local introduction of disease.