



PREVENT BUG BITES



What To Know *before* You Go!

Bugs can spread diseases!



Travelers to tropical and other destinations should take steps to prevent bug bites.



★ Protect yourself!

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.



★ See a doctor!

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 sickness (tsetse flies)

*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

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