

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.

**20%
DEET**

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.

