PREVENT BUG BITES

What To Know *before* You Go!

Bugs can spread diseases!

mosquitoes

fleas

ticks

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*.

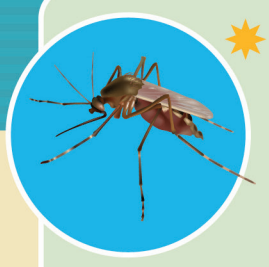
Use insect repellents according to package directions, and reapply as directed. Higher percentages of the active ingredient provide longer duration of protection.

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.



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)

See a doctor!

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

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

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