

PROTECT AGAINST MOSQUITO BITES WHEN TRAVELING



Mosquitoes spread many types of germs that can make you sick with diseases like dengue, Zika, and malaria. If you are traveling to an area where malaria is found, talk to your healthcare provider about malaria prevention medication that may be available.

Protect yourself and your family from mosquito bites. Here's how:

Use Environmental Protection Agency (EPA)-registered insect repellent

Active Ingredient

Higher percentages of active ingredient provide longer protection

DEET

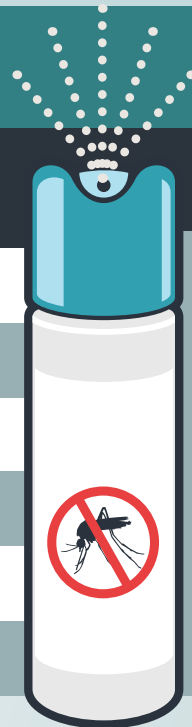
Picaridin (known as KBR 3023 and icaridin outside the US)

IR3535

Oil of lemon eucalyptus (OLE)

Para-menthane-diol (PMD)

2-undecanone



Find the insect repellent that's right for you by using EPA's search tool*.

* The EPA's search tool is available at: www.epa.gov/insect-repellents/find-insect-repellent-right-you

Use only an EPA-registered insect repellent

- Pack insect repellent.
- Always follow the product label instructions.
- Reapply insect repellent as directed.
 - Do not spray repellent on the skin under clothing.
 - If you are also using sunscreen, apply sunscreen first and insect repellent second.
- For more information: www2.epa.gov/insect-repellents

Natural insect repellents not registered with EPA

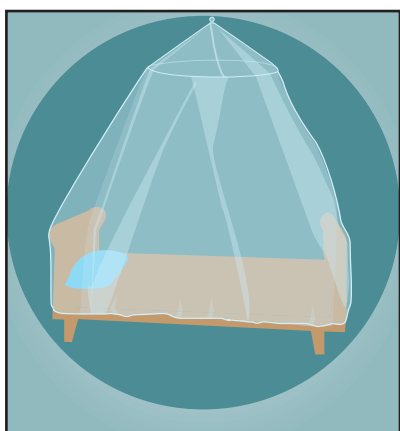
- In the United States, the EPA has not evaluated the effectiveness of the most commonly known natural insect repellents.
 - Examples of ingredients used in unregistered insect repellents include: cedar oil, geranium oil, peppermint and peppermint oil, pure oil of lemon eucalyptus, soybean oil.
 - Choosing an EPA-registered insect repellent ensures the EPA has evaluated the product for effectiveness.



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

Wear long-sleeved shirts and long pants! Treat clothing and gear

- Treat items such as boots, pants, socks, and tents with permethrin, or buy permethrin-treated clothing and gear.
 - Permethrin is an insecticide that kills or repels mosquitoes.
 - Permethrin-treated clothing will protect you after multiple washings. Read product information to find out how long the protection will last.
- If treating items yourself, follow the product instructions.
- Do not use permethrin products directly on skin!



Keep mosquitoes out of your hotel room or lodging

- Choose a hotel or lodging with air conditioning or screens on windows and doors.
- Sleep under a mosquito bed net if you are outside or in a room that is not well screened. Mosquitoes bite during the day and night.
 - Buy a bed net at your local outdoor store or online before traveling overseas.
 - Choose a WHOPES-approved bed net: compact, white, rectangular, with 156 holes per square inch, and long enough to tuck under the 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 the insecticide more quickly.
- For more information on bed nets: www.cdc.gov/malaria/malaria_worldwide/reduction/itn.html

If you are traveling with a baby or child

- Always follow instructions when applying insect repellent to children.
- Do not use insect repellent on babies younger than 2 months old.
 - Instead, dress your baby in clothing that covers arms and legs.
 - Cover strollers and baby carriers with mosquito netting.
- Do not use products containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) on children under 3 years old.
- Do not apply insect repellent to a child's hands, eyes, mouth, cuts, or irritated skin.
 - Adults: Spray insect repellent onto your hands and then apply to a child's face.

