



Avoiding Mosquito Bites

(adapted from wwwnc.cdc.gov/travel/page/avoid-bug-bites)

Mosquitoes can spread a number of diseases including Dengue fever and the chikungunya virus. If infected, symptoms may include fever, headache, rash, and joint pain. Many of these diseases cannot be prevented with a vaccine or medicine. Symptoms can be treated, but the virus infection must run its course. Long-term immunity to repeat infection is expected.

You can reduce your risk by taking steps to prevent mosquito bites. This has been an effective treatment for thousands who have traveled with FFP to the Dominican Republic and Haiti. Please follow these guidelines:

RECOMMEND TYPES OF MOSQUITO REPELLANT

Products with one of the following active ingredients can help prevent mosquito bites. Higher percentages of active ingredient provide longer protection.

- **DEET.** Use a repellent that contains 20% or more DEET for protection that lasts up to several hours. Products containing DEET include *Off!*, *Cutter*, *Sawyer* and *Ultrathon*
- **Picaridin** also known as KBR 3023, Bayrepel, and icaridin. Products containing picaridin include *Cutter Advanced*, *Skin So Soft Bug Guard Plus*, and *Autan* [outside the US]
- **Oil of lemon eucalyptus (OLE)** or PMD. Products containing OLE include *Repel* and *Off! Botanicals*
- **IR3535.** Products containing IR3535 include *Skin So Soft Bug Guard Plus Expedition* and *SkinSmart*

INSTRUCTIONS AND REAPPLICATION

- If you're using sunscreen, apply sunscreen first and insect repellent second.
- Follow package directions when applying repellent on children.
- Avoid applying repellent to hands, eyes, and mouth.
- Consider using permethrin-treated clothing and gear (such as boots, pants, socks, and tents). You can buy pre-treated clothing and gear or treat them yourself.
- Treated clothing remains protective after multiple washings. See the product information to find out how long the protection will last.
- If treating items yourself, follow the product instructions carefully.
- Do not use permethrin directly on skin.

ADDITIONAL PREVENTATIVE STEPS

- Cover exposed skin by wearing long-sleeved shirts, long pants, and hats.
- Stay and sleep in screened rooms with air-conditioning or a fan on you.
- Use a mosquito net if the area where you are sleeping is exposed to the outdoors.

WHAT SHOULD I DO IF I AM BITTEN BY MOSQUITOES?

- Avoid scratching mosquito bites.
- Apply hydrocortisone cream or calamine lotion to reduce itching.