INSECT PROTECTION – TRAVELING ABROAD

TIPS
- Malaria-carrying mosquitoes bite between dusk and dawn.
- Dengue-carrying mosquitoes bite during daytime and are in urban and rural areas.
- Permethrin – use on mosquito nets, clothing, tents, etc. Repells mosquitoes, ticks and chiggers.
- DEET and permethrin can damage synthetic materials, plastic on eyeglass frames and watch crystals.
- Wear long-sleeves, long pants (light colored), shoes and socks.
- Avoid drying clothes on the ground.
- Don’t sit on sand or on the ground without using a ground cover such as a towel or blanket.
- Stay in a screened accommodation far away from mosquito breeding sites.
- Re-apply repellent if starting to get bitten.
- No perfume/after shave, jewelry, or bright colors.
- Take only unscented toiletries.
- Space repellents, i.e. coils, sprays may be helpful.
- No repellent effective against stinging insects (bees, and wasps).

WHEN USING DEET:
Here are general considerations to remember when using products containing DEET:

- Always follow the recommendations on the product label.
- Use enough repellent to cover exposed skin or clothing. Heavy application is not necessary to achieve protection.
- Do not apply repellent to cuts, wounds or irritated skin.
- After returning indoors, wash treated skin with soap and water.
- Do not spray aerosol or pump products in enclosed areas. Do not spray such products directly to your face. Spray your hands and then rub them carefully over the face, avoiding eyes and mouth.

INSECT REPELLENTS:

DEET 20-25%, (various brand names)
Cutters Advance (Picaridin) equal to DEET at 20-25%, no skin irritation, and low odor
Oil of Lemon Eucalyptus – Non chemical, similar to low concentration DEET