



INTERNATIONAL TRAVEL CLINIC
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Insect and Mosquito Protection

Insects can cause serious illnesses. There are different modes of transmissions such as when they inject venoms, when they bite or when they land on people or on the foods that people consume.

Recommendations for Reducing Risk :

- ◆ Spend time in air-conditioned environments that mosquitoes cannot easily enter.
- ◆ Spend time at beaches, where mosquitoes are generally less abundant.
- ◆ Avoid highly populated residential areas.
- ◆ Minimize outdoor activities when insects are most active. Ticks and mites present in some forested areas or shrubs can also transmit diseases
- ◆ Avoid brightly colored clothing and wear clothes that cover most of the body.
- ◆ Avoid perfumes, lotions and other scented hygiene products because sweet smells attract insects.
- ◆ Do not walk with bare feet. Many biting insects crawl on the ground or fly within several inches of it.
- ◆ After long hikes, take a bath and inspect your body for embedded insects.
- ◆ Avoid areas near stagnant water and don't swim in small ponds or lagoons.
- ◆ Avoid open-air restaurants and outdoor buffets, where food may be exposed to flying insects.
- ◆ The most effective ingredient in insect repellant is **DEET**. A concentration of 30% is recommended. **Always use it according to manufacturer's recommendation, particularly on children's skin.**
- 20% ➤ ◆ **Picaridin** – made from thyme oil is also an effective repellant
 - ◆ Avoid applying repellents to the hands of young children to avoid eye irritation.
 - ◆ Never use repellents on wounds or irritated skin.
 - ◆ Wash treated skin after coming indoors, if there is no risk of exposure to insects.
 - ◆ Spray or soak your clothing with repellents containing **permethrin**, since mosquitoes bite through thin clothing. Permethrin kills insect but is not toxic to people
 - ◆ Use mosquito netting over the bed if your bedroom is not air-conditioned or screened. For additional protection, spray the netting with an insecticide containing permethrin. You may also spray your bedroom before going to bed.

It is important to avoid inhaling or ingesting repellents or to get them in your