

Stop mosquitoes from making you sick

How to protect yourself from mosquito bites



Empty water from containers.



Make sure screens work properly.



Use insect repellent regularly.



Wear loose, long-sleeved, white or beige clothing.



Sleep or rest under a bed net.



Visit a doctor if you are ill and get your blood tested.

Protect children from mosquito bites

- Dress children in loose, long-sleeved, white or beige clothing.
- Many insect repellents are safe for children 6 months and older.
- Ask your doctor how to protect infants younger than 6 months of age.
- Use a bed net over cribs and playpens to protect babies and small children during the day and at night.

Insect repellent and sunscreen

Step 1:

Apply sunscreen and wait 20 minutes.

Step 2:

Apply insect repellent over sunscreen.

Step 3:

Re-apply both sunscreen and repellent according to the directions on the label.

Repellent decreases the effectiveness of sunscreen so you may have to apply sunscreen more often.

Note: Products that combine sunscreen and repellent in one bottle do not work well.

Before you go

- Find out about common illnesses at your destination.
- Find a reputable doctor and pharmacist at your destination.

IAMAT can help you with this. Email info@iamat.org.

During your trip

- Wear white or beige, long-sleeved clothes in fabrics such as cotton or linen.
- Always wear shoes or sandals.
- Rest or sleep under an insecticide-treated bed net.
- Use insect repellent with 20-30% DEET or 20% Picaridin on exposed skin. Do not use insect repellent on your face or hands. Re-apply repellent according to the directions on the label.
- Visit a doctor if you have flu-like symptoms (fever, chills, muscle aches, or a rash) during your trip.

After you return

- Visit a doctor if you have flu-like symptoms after you return home. Tell your doctor that you were travelling.

Important facts about mosquitoes

- Mosquitoes that carry Malaria bite at night.
- Mosquitoes that carry the Dengue, Chikungunya, and Zika viruses bite during the day.
- You may not have symptoms of Dengue, Chikungunya or Zika Virus.
- Some mosquitoes don't hum or leave an itchy welt after biting.
- Dark colours, food, and standing water attract mosquitoes.
- Perfume, aftershave, and scented soaps attract mosquitoes.
- **Garlic, clove oil, citronella bracelets, and other natural products have not been proven to prevent mosquito bites.**

Reviewed by the South Riverdale Community Health Centre Plain Language Group.

With thanks to:

Santanu Chatterjee, MBBS, DTM&H, FFTM, RCPS (Glasg)

Shirley Cheng, BMed, MPH



IAMAT

International Association for Medical Assistance to Travellers

www.iamat.org info@iamat.org 416-652-0137