

Insect Avoidance

The most effective repellents contain DEET or picaridin. Use products with at least 30-35% DEET or 20% picaridin if traveling in tropical countries. Never apply permethrin to skin – it is intended for treating fabrics in clothing and netting.

DO

- Apply repellent at the right time for the type of insect you want to avoid:
 - Mosquitoes that transmit malaria are night biters, so when traveling in a malarious area, be especially vigilant in applying repellent from dusk to dawn.
 - Mosquitoes that transmit dengue are day biters, so when in areas of dengue risk apply repellent during daytime hours (and especially early morning and late afternoon to dusk).
- Spray permethrin (an insecticide) on clothing, window screens, bed netting, and other fabrics when in areas of high risk for malaria or other mosquito-or tick-borne diseases.
- Treat clothing or netting with permethrin in advance of your trip – these items will remain effective as insect repellents for several washings.
- Sleep under a permethrin-impregnated bed net if you are not in an air-conditioned room and are staying in an area at risk for malaria.
- Regularly check bed nets for rips, tears, and other gaps and keep the net tucked in around the bed at all times.
- Ensure that all open windows have insect screens.
- Minimize outdoor activities, when possible, at times when the insects of concern are most active.
- Perform a full body check at least once a day in areas where tick-borne disease is a risk.

DON'T

- Wear bright colors or jewelry, and don't use cologne or scented soap, shampoo, or deodorant - all of these tend to attract insects.
- Walk with bare feet, especially at night or when walking through tall grasses, brush, or forested areas. Many bugs live on or near the ground and can easily attack your feet or legs, especially if you have any skin abrasions.
- Sit directly on sand or ground if you can avoid it—put down towels or blankets first and shake them out vigorously afterward.