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.
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.

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.