

# PROTECT AGAINST MOSQUITO BITES WHEN TRAVELING



Mosquitoes spread many types of viruses and parasites that can cause diseases like chikungunya, dengue, Zika, and malaria. If you are traveling to an area where malaria is found, talk to your healthcare provider about malaria prevention medication that may be available.

## Protect yourself and your family from mosquito bites. Here's how:

### Use Environmental Protection Agency (EPA)-registered insect repellent

#### Active Ingredient

Higher percentages of active ingredient provide longer protection

DEET

Picaridin (known as KBR 3023 and icaridin outside the US)

IR3535

Oil of lemon eucalyptus (OLE)

Para-menthane-diol (PMD)

2-undecanone



Find the insect repellent that's right for you by using EPA's search tool\*.

\* The EPA's search tool is available at: [www.epa.gov/insect-repellents/find-insect-repellent-right-you](http://www.epa.gov/insect-repellents/find-insect-repellent-right-you)

### Use only an EPA-registered insect repellent

- Consider bringing insect repellent with you.
- Always follow the product label instructions.
- Reapply insect repellent every few hours.
  - Do not spray repellent on the skin under clothing.
  - If you are also using sunscreen, apply sunscreen first and insect repellent second.
- For more information: [www2.epa.gov/insect-repellents](http://www2.epa.gov/insect-repellents)

### Natural insect repellents not registered with EPA

- In the United States, the EPA has not evaluated for effectiveness most of the commonly known natural insect repellents.
  - Examples of ingredients used in unregistered insect repellents include: citronella oil, cedar oil, geranium oil, peppermint and peppermint oil, pure oil of lemon eucalyptus, soybean oil.
  - CDC recommends that you use an insect repellent containing an active ingredient shown to be both safe and effective.



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

## Wear long-sleeved shirts and long pants! Treat clothing and gear

- Treat items such as boots, pants, socks, and tents with permethrin, or purchase permethrin-treated clothing and gear.
  - Permethrin is an insecticide that kills or repels mosquitoes.
  - Permethrin treated clothing will protect you after multiple washings. See product information to find out how long the protection will last.
- If treating items yourself, follow the product instructions.
- Do not use permethrin directly on skin!



## Keep mosquitoes out of your hotel room or lodging



- Choose a hotel or lodging with air conditioning or screens on windows and doors.
- Sleep under a mosquito bed net if you are outside or in a room that is not well screened. Mosquitoes bite during the day or night.
  - Buy a bed net at your local outdoor store or online before traveling overseas.
  - Choose a WHOPEs-approved bed net: compact, white, rectangular, with 156 holes per square inch, and long enough to tuck under the mattress.
- Permethrin-treated bed nets provide more protection than untreated nets.
  - Do not wash be nets or expose them to sunlight. This will break down the insecticide more quickly.
- For more information on bed nets: [www.cdc.gov/malaria/malaria\\_worldwide/reduction/itn.html](http://www.cdc.gov/malaria/malaria_worldwide/reduction/itn.html)

## If you are traveling with a baby or child

- Dress your child in clothing that covers arms and legs.
- Cover strollers and baby carriers with mosquito netting.
- When using insect repellent on your child:
  - Always follow label instructions.
  - Do not use products containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) on children under 3 years old.
  - Do not apply insect repellent to a child's hands, eyes, mouth, cuts, or irritated skin.
  - Adults: Spray insect repellent onto your hands and then apply to a child's face.

