

SORRENTO TRAVEL CLINIC FACT SHEET

Insect avoidance measures

Mosquitoes and other insects transmit a variety of diseases.

PREVENTION

- ◆ Protect yourself with an insect repellent containing diethyl toluamide (DEET). This can be sprayed on exposed skin and clothing. Brand names include Bushmans, tropical strength Aerogard and Rid.
- ◆ Wear clothing that covers the arms and legs when insects are biting.
- ◆ Use nets or stay in screened or air-conditioned accommodation.
- ◆ Consider permethrin impregnated clothing and nets during high risk travel (e.g. Trans-Africa).
- ◆ Understand the biting habits of mosquitoes: The malaria-transmitting mosquito bites mostly at night and is attracted to dark clothing and highly scented perfumes. The dengue fever-transmitting mosquito tends to bite during the cooler times of day, early morning and late afternoon.