

Mosquito Precautions

Diseases Carried by Mosquitoes

The following diseases are carried by mosquitoes around the world. Protect yourself and your family while traveling to avoid getting sick.

See a health care provider familiar with travel medicine 4 to 6 weeks before your trip.

- Yellow fever virus is transmitted in tropical and subtropical areas in South America and Africa. Yellow fever vaccine is recommended for people 9 months old and older who are traveling to those areas.
- Malaria is transmitted in tropical and subtropical areas. There are many medicines available to prevent malaria. Together, you and your health care provider will decide the best medicine for you based on your travel plans, medical history, age and allergies, among other things.
- Japanese encephalitis virus is caused by a virus spread by infected mosquitoes in Asia and the western Pacific. The vaccine is recommended for people 2 months old and older who plan to spend 1 month or more in affected areas during the virus transmission season.
- West Nile virus has been found in all states except for Hawaii and Alaska. The risk of infection is highest for people who work outside or participate in outdoor activities. The most effective way to avoid West Nile virus disease is to prevent mosquito bites.

- Zika, dengue, and chikungunya are spread to people through the bite of an infected mosquito. There are vaccine or medicines for these diseases.

If you are pregnant, do not travel to any area where the Zika virus is spreading. Check the Centers for Disease Control and Prevention's (CDC) Traveler's Health website at cdc.gov/travel to see if where are going is affected.

How to Reduce Mosquito Bites

- Use an Environmental Protection Agency (EPA)-registered insect repellent. When used as directed, EPA-registered insect repellents are proven safe for women who are pregnant or breastfeeding. Follow instructions when applying insect repellent to children.
 - Do not use insect repellent on babies younger than 2 months old.
 - Dress infants or small children in clothing that covers arms and legs, or cover the crib, stroller, and baby carrier with mosquito netting.
 - Adults spray insect repellent onto your hands and then apply to your child's face.
 - Do not apply insect repellent to your child's hands, mouth, cut or irritated skin.

- Wear long-sleeved shirts and long pants.
- Stay in places with air conditioning or that use window and door screens. If you are not able to protect yourself from mosquitoes inside your home or hotel, sleep under a mosquito bed net.
- Spray permethrin (Fite Bite® or Repel®) on clothing and gear such as boots, pants, socks or tents. You can also buy clothing and gear treated with permethrin.
 - Read the label to see how long the protection will last.
 - Follow the directions carefully.
 - Do not spray permethrin directly on your skin.
 - Buy it at recreational stores.
 - If you are not sleeping in a well-screened or air-conditioned room, use a mosquito net. Spray the net with permethrin.
- Protect yourself when traveling. Learn about country-specific travel advice, health risks, and how to stay safe by visiting the CDC Travelers' Health website at cdc.gov/travel.